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BIEBER DISCOVERS THE NEXT BIEBER

THE GIRL VERSION. THE BIEBS TWEETS A VID OF MADISON BEER, AND OFF SHE GOES ON THE FAST-TRACK TO FAME

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Man killed in crash with car chased by cops

SIU investigating in Ottawa after 54-year-old man dies in hospital shortly after vehicle collides with car being followed by police

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'Crazy' husband accused of killing his four sons

Canadian man arrested in Somalia after children beheaded

PAGE 8

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A family says farewell

David Woodard.

Driver killed in bus crash remembered as 'compassionate,' 'salt of the earth'

DENIS ARMSTRONG
ottawa@metronews.ca

David Woodard was remembered as a kind, caring and compassionate man in a moving and personal memorial service at the Metropolitan Bible Church on Wednesday.

More than 1,800 family, friends, colleagues and representatives of the city's services, many of them wearing shorts and Woodard's favourite colour, green, packed the church on Prince of Wales to remember the 45-year-old driver who was killed on Sept. 18 when the bus he was driving collided with a VIA train.

Mayor Jim Watson, along with councillors Jan Harder and Doug Thompson and dozens of city officials and service people, listened quietly as Pastor Daniel Winter, friends and family members shared tears,

hugs and stories about "the man who had a big heart."

First to speak was OC Transpo's manager of operations, Troy Charter, who described Woodard as "the salt of the earth. A kind, compassionate man who will be remembered by a lot of people."

Charter laughed when he recalled how he and Woodard, a 10-year veteran with the fleet, would clash when it came to OC's dress policy regarding shorts, and how Woodard volunteered to drive people on his own during the transit strike in 2009.

Steve Woodard remembered his older brother as a sensitive man who loved camping, karaoke and dancing. They played Enrique Iglesias's hit song Hero.

"I've known him for 42 years," Woodard said through tears. "He taught me a few important lessons. Smile at a stranger because that's what Dave always did, and take the time to enjoy what's important. Dave left this world too early. I guess the big guy upstairs needed a driver and wanted the best. We'll meet again over a campfire, brother."



Pallbearers carry the casket of OC Transpo driver David Woodard, inset, out of the Metropolitan Bible Church on Wednesday following a funeral service. Many fellow drivers wore shorts in honour of Woodard's successful battle with management to allow drivers to wear shorts in the summer season. DENIS ARMSTRONG/FOR METRO



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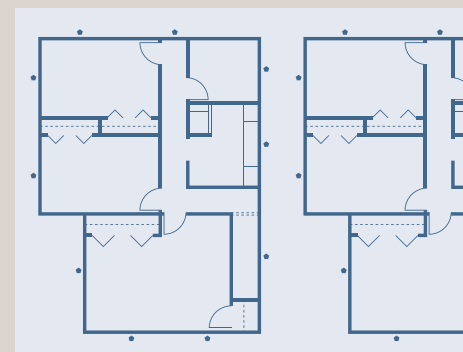
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Nationwide. Ottawans have highest income

Bolstered by a bureaucratic core nearly impervious to economic downturns, the National Capital Region came in tops in average median income.

Data released Wednesday by Statistics Canada said Ottawa-Gatineau had the highest median income in Canada at \$93,440 in 2011. The NCR was followed by oil-rich Calgary (\$93,410) and Edmonton (\$91,860), the same top three rankings since 2009.

"Ottawa did better than the recession than other places, like Toronto and most of Ontario, even Montreal, because of the government," said Gilles Grenier, with the University of Ottawa's economics department.

But the federal Conservatives' current focus on trimming the public service may change that situation, he said.

Ottawa-Gatineau couples, with or without children, also had the highest median total family income at \$102,610, again followed by Calgary (\$101,210) and Edmonton (\$101,210). Calgary edged out Ottawa-Gatineau and Québec with the highest median income among lone-parent families.

Calgary is quickly making up ground on Ottawa. Median income in the western city increased by 1.4 per cent in 2011 compared to a year before, while the capital's remained unchanged.

Grenier said that's not surprising as the country slowly pulled itself out of a recession.

"The government is a little bit counter-cyclical. When the economy is bad, the government spends more," he said.

ALEX BOUILLIER/FOR METRO

Algonquin. Student collapses, hazmat called

Ottawa's hazmat team was called out to Algonquin College's Animal Health Care Facility after one student collapsed during a morning session and a second student complained of feeling dizzy in the afternoon. By 3 p.m., the team quarantined Building V in order to test the air for hazardous materials. None were found.

It's city policy to dispatch

The jitters

"I think it was a bad case of student nerves."

Veterinary technician Kim Archer, who said she was feeling fine

the hazmat team when paramedics are called more than once to the same site.

DENIS ARMSTRONG/METRO

Firefighters. Blaze rips through century-old home

Firefighters needed less than two hours to put out a suspicious blaze at a home in Chinatown on Wednesday, now police are investigating for possible arson.

Firefighters received the 911 call at 5:45 a.m. after neighbours noticed "a wicked smell" and flames coming from a garage fire in the backyard that had spread to the century-old home.

There were no casualties. The house was thought to be abandoned, though firefighters removed two mattresses and evidence that squatters had been using the house which sold in June.

"The fire started outside, the building was apparently abandoned, though we did find two mattresses, and other evidence of squatters," said Ottawa fire chief Fortin. METRO

SIU investigates fatal crash following chase

Bank and Laurier. A man, 54, is dead after a two-car collision early Wednesday

The Ontario Special Investigations Unit is investigating a car crash in downtown Ottawa that killed a 54-year-old man.

Paramedics were called to the intersection of Bank Street and Laurier Avenue at 3:54 a.m. for a reported two-car crash.

Police were not commenting on the incident, but an SIU news release said the crash happened after a police officer started following one of the cars early Wednesday morning.

As Ottawa residents made their way to work Wednesday morning a mangled black Kia car could be seen on the sidewalk in front of a shattered glass window of a Shoppers Drug Mart at the intersection.

There were also two marked Ottawa police cruisers next to the Kia and a Honda Civic sedan.

The SIU said in a news release that preliminary information indicated that around 4 a.m. an Ottawa cop traveling eastbound on Laurier Avenue noticed a vehicle driving westbound and decided to follow the car.

"A short time later, at the intersection of Bank Street and Laurier Avenue, the vehicle being followed was involved in a collision with another vehicle. An occupant of the second vehicle was pronounced deceased at the scene."

The SIU only invokes its mandate in incidents involving police in which a member of the public dies or is seriously injured.

When paramedics arrived on the scene they discovered a 54-year-old man trapped in one of the cars. Firefighters had to extricate the man



Police on the scene of a fatal car crash at the intersection of Laurier Avenue West and Bank Street Wednesday. JOE LOFARO/METRO

from the vehicle, but he was found to have no vital signs, paramedics said. The man was pronounced dead at hospital.

Two men in their early 20s from the other sedan were not

trapped and received minor injuries, paramedics said, adding the pair were transported to hospital in stable condition.

JOE LOFARO/METRO,
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1 NEWS



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Grade 3 and 4 kids from Elgin Street Public School explore Canada's boreal forest on a giant map at the Museum of Nature Wednesday. MOLLY AMOLI K. SHINHAT/FOR METRO

Geographers put kids, importance of boreal forest on the map

'Geographic literacy'

Large enough to hold a small herd of caribou or a gaggle of kids, giant map set to tour schools

MOLLY AMOLI
K. SHINHAT
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Kids were all over Canada yesterday, learning about wildlife and geography and the importance of the boreal forest.

They crawled, skipped and ran across the country — or at least a giant map of the country — while they answered geography and forestry-related questions posed by Ellen Curtis, a Royal Canadian Geographical Society (RCGS) animator.

Large enough to hold 24

caribou on its surface, the giant map and teaching tool was unveiled to more than 30 Grade 3 and 4 kids from Elgin Street Public School at the Museum of Nature Wednesday.

Part of On the Move, a joint initiative by the Canadian Boreal Forest Agreement (CBFA) and the RCGS, the unique eight by 11 metre map is a bid to address the "growing disconnect between youth and wild spaces" and educate people about the importance of Canada's boreal forest, said Aaron O'Carroll, executive director of the CBFA.

The map shows woodland caribou herds, lumber mills, nearby towns, Aboriginal and forest-dependent community relationships, and where the CBFA applies.

Signed in 2010, the CBFA is reportedly the world's largest conservation agreement be-

tween industry and environmental groups. It applies to over 73 million hectares of forest.

Specially laminated for durability, the map's weight and size allows for its display on the ground.

Accompanied by an activity guide and a photo exhibition about the boreal forest, the map can be booked for use in elementary and secondary schools through the RCGS.

"We're absolutely delighted to participate," RCGS CEO John Geiger said. Interactive projects like the map "strengthen geographic literacy," he added. It's the fourth such map the RCGS has produced.

The first was about the War of 1812, the second about Parks Canada's centenary and the third about energy production and transmission.

Witness ID's clothing of Michael Swan's alleged shooter

A friend of slain Barrhaven teen Michael Swan identified clothing shown to him in court Wednesday that he said the alleged trigger man was wearing on the morning of the fatal shooting.

Tyler Tanguay told a jury on Tuesday the tallest of the three men who broke into Swan's home on Moodie Drive after midnight on Feb. 22, 2010, was wearing Air Jordan sneakers and jeans with a specific pattern on the back.

Tanguay, Swan and Swan's girlfriend, Kaitlyn Scott, were told to get on the floor, the close friend testified. The tallest man said, "Where's the money, where's the gun?" before one man shot Swan, according to Tanguay.

Court has heard evidence previously that Swan was a pot dealer and had been robbed before.

Kristopher McLellan and Kyle Mullen, both 23, are on



trial for first-degree murder. They have pleaded not guilty.

The Crown alleges McLellan shot Swan.

A police officer testified McLellan was wearing the Air Jordan sneakers and pants when he was arrested.

Tanguay also testified one of the men took his

wallet, looked at his ID, and said, "Tyler Tanguay. I won't forget this name."

In cross-examination, McLellan's lawyer Pat McCann pressed Tanguay about his statement to police immediately after the shooting. The lawyer charged that he withheld from police Swan's history as a drug dealer when answering questions.

"You went to great lengths to deny that he was involved in drug trafficking?" asked McCann.

"I didn't want to discriminate his character," replied Tanguay.

Mullen's lawyer, Michael Smith, also challenged Tanguay's previous statements to police.

"If you had to lie or to omit certain things to protect his character, you were prepared to do that, right?" asked Smith.

"Yeah," said Tanguay.

JOE LOFARO/METRO

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Motion calls for distracted-driving demerits

Deterrence. Councillor wants provincial law to threaten in-car texters with higher premiums

**MOLLY AMOLI
K. SHINHAT**
ottawa@metronews.ca

Ottawa City Council will consider whether to write

a letter urging the province change the law to add demerit points as a harsher penalty for distracted driving, thanks to a recommendation passed at Ottawa's Transportation Committee Wednesday.

Motivated by Ottawa resident Rick Levesque's public-action campaign, Help Save Lives — Drive Hands Free, Beacon Hill-Cyrville

Ward Coun. Tim Tierney presented the motion Wednesday.

Tierney's proposal noted that even though Ontario's Highway Traffic Act was changed to include "distracted driving" as an offence in October 2009, demerit points were not added as a penalty for the offence. Currently, punishment consists of ticket fines.

Quoted

"The surefire way to ensure people put their phones away is to apply a point system to it."

Coun. Tim Tierney

It also notes that the Ministry of Transport has found that drivers using

cellphones are "four times more likely to be in a crash."

Levesque began his campaign in the summer after witnessing a car crash he believes can only have happened due to distracted driving.

He says fines don't seem to be a deterrent to drivers, but demerits might make them think twice. Levesque has been collecting petition

signatures and lobbying MPPs to make the change ever since.

"There's a lot of people pulling out their phones at stoplights and using them," Coun. Tierney said. "The surefire way to ensure people put their phones away is to apply a point system to it. It will affect their insurance rates if they're caught texting and driving."

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Great performance! Nepean teen elated with gold-medal diving at Pan Am juniors



Thirteen-year old Nepean diver Henry McKay is seen performing a dive at the UANA Pan American Junior Championships last week in Arizona. CONTRIBUTED

Thirteen-year old Nepean diver Henry McKay sure knows how to make a splash — he's a diver. McKay won two medals at the 2013 UANA Pan American Junior Championships last week in Tuscon, Ariz. He also got to meet world-renowned diving legend Greg Louganis.

"I'm ecstatic," McKay said, of winning gold for the three-metre dive and Bronze for the one-metre. He competed against young divers from across North and South America.

McKay dives for two-and-a-half hours a day, five days a week, and along with gym workouts, he hits the trampoline, does lots of stretching and somersaults.

Louganis, who is a multiple Olympic gold medallist and former world champion diver, was attending the

Championships as a judge. Louganis is also known for the concussion he sustained at the 1988 Seoul Olympics, being openly gay, and talking about his HIV positive status.

"I couldn't believe I was meeting him!" McKay said, of his chance conversation with the Canadian sporting icon. He asked Louganis for training tips and plans to read Louganis's autobiography, *Breaking the Surface*, soon.

For McKay, diving started when he was just six years old.

"I used to have to sit in the stands and watch while my sisters swam," McKay said.

"I got bored, so I just started diving into the same pool."

His next competition is in December in Montreal.

MOLLY AMOLI K. SHINHAT/FOR METRO



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Canadian man arrested in Somalia accused of beheading his 4 sons

'This man is crazy.'

Omar Hassan, 60, spent 30 years driving a taxi in Calgary, grieving mother of slain boys says

A 60-year-old Canadian has been arrested in Somalia, accused of beheading his four sons with a knife.

Local press reported that police in the central city of

Beledweyne arrested Omar Hassan Sunday evening after his four young children — Yahye, 7, twins Idiris and Sakariye, 6, and Yonis, 3 — were found dead.

"He has taken my blood!" wailed the boys' mother Qadro Addawe, reached by telephone in Mogadishu. "I don't have anything. I lost my children and I don't have anyone to help me now."

Addawe, 29, said Hassan spent 30 years driving a taxi in Calgary, and she married

him in 2005 in the hope of having a better life. "He's a (Canadian) citizen," she said. Hiiraan Online, a Somali news website, reported Hassan had also worked in Yellowknife.

Addawe said they were married in Ethiopia and then moved to Kenya, where they had their first boy. They went next to Uganda, where the twins were born, and then moved back to Somalia, where they had their last child in 2010.

Once established in Beled-

Quoted

"I don't have anything. I lost my children and I don't have anyone to help me now."

Qadro Addawe, mother of four boys allegedly beheaded by their father in Somalia

weyne, Hassan started threatening Addawe and the boys, she said. Shortly afterward, she fell ill and was forced to leave her sons in the care of a relative while she made the long journey to Mogadishu so she could receive proper

treatment in a hospital.

Around this same time, Hassan stopped supporting her financially, she said.

She contacted Canadian diplomats repeatedly in an attempt to get papers to allow her and the children to immi-

grate to Canada but says she was rebuffed.

She received a call from the Beledweyne police at 8:30 a.m. Monday, telling her about the murders and the arrest.

"I have been his wife for eight years. I know his character," she said. "His problem, I don't understand. This man is crazy."

"He said he wanted to attack me. I prayed to Allah ... now he's killed them."

TORSTAR NEWS SERVICE

Global arms trade

Gun lobby warns Ottawa against signing UN treaty

Canada's recreational-firearms lobby is telling the Harper government to avoid signing a landmark UN arms-trade treaty, arguing it could lead to an insidious return of the federal long-gun registry.

That's the message Canada's National Firearms Association and the Canadian Shooting Sports Association are delivering to Foreign Affairs Minister John Baird as he weighs whether Canada should follow the U.S. in signing the Arms Trade Treaty, which aims to regulate the global arms trade.

Proponents of the treaty, including U.S. Secretary of State John Kerry, say it would have no impact on domestic gun owners.

THE CANADIAN PRESS



Riot police clash with protesters in Ukraine

A Ukrainian riot police officer clashes with opposition activists outside in Kyiv on Wednesday during a protest rally demanding a re-election of the city council. About 200 opposition demonstrators gathered outside the Kyiv city hall to protest a court ruling extending the authority of the current city legislature. Skirmishes erupted when several opposition members of the national parliament tried to enter the building and were turned away by police. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Russia. 14 Greenpeace activists charged with piracy; more expected

Greenpeace says that 14 of its activists who were detained after protesting at a Russian oil platform have been charged with piracy, a crime punishable by up to 15 years in prison.

The activists from Argentina, Brazil, Britain, Finland, the Netherlands, Poland, Russia and Sweden were among 30 people who were on board the Greenpeace ship that was seized by the Russian Coast Guard following the Sept. 18 protest.

Two of the activists had tried to scale an offshore platform owned by Russian energy giant Gazprom to call attention to the environmental risks of drilling in Arctic waters.

Greenpeace says more activists, including two Canadians, were expected to be formally

charged on Thursday and Friday.

Paul Ruzyski of Port Colborne, Ont., was serving as the ship's chief mate and Montrealer Alexandre Paul was also on board.

All 30 are being held in jails in Murmansk, a port above the Arctic Circle.

President Vladimir Putin said last week that he doesn't think the Greenpeace activists are pirates, which triggered hopes for their release. But Prime Minister Dmitry Medvedev on Wednesday urged energy companies to adopt more stringent security measures and said the government should consider tougher penalties for those who attack or trespass on the grounds of Russian oil-and-gas infrastructure.

THE ASSOCIATED PRESS/
WITH FILES FROM THE CANADIAN PRESS

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Berlusconi does 180, Letta still on top

Italian politics. Support ensures government's survival, Senate votes to back premier 235-70

Silvio Berlusconi made a stunning about-face Wednesday and threw his support behind the government of Premier Enrico Letta in a confidence

vote, acknowledging defeat on the Senate floor after defections in his party robbed him of the backing he needed to bring down the government.

Berlusconi's support ensured the survival — for now — of Letta's five-month-old left-right coalition. But it signalled that the 77-year-old billionaire's once unchallenged authority over Italy's centre-right has wobbled as his judi-

cial woes catch up with him.

It was a major setback for Berlusconi, who over the weekend had demanded his five Cabinet ministers quit the government and bring it down, incensed at a vote planned Friday that could strip him of his Senate seat following his tax-fraud conviction and four-year prison sentence.

But in a remarkable challenge to Berlusconi's author-

ity, several allies balked and said they would instead support Letta's hybrid coalition to push ahead with necessary economic and political measures. The unusual show of defiance could signal that Berlusconi's influence has seriously eroded after two decades leading Italy's centre-right and being the main protagonist in Italy's political scene.

THE ASSOCIATED PRESS



Silvio Berlusconi listens to Italian Premier Enrico Letta delivering his speech at the Senate in Rome on Wednesday. GREGORIO BORGIA/THE ASSOCIATED PRESS

China

Death toll mounts in city that kicked a hornet's nest

The death toll from a rare spate of hornet attacks in central China has reached 41 people, local authorities said Wednesday.

The Shaanxi provincial government said the attacks had plagued not only the city of Ankang, where 19 died, but had killed 22 others in two adjacent cities in the province's south.

All told, more than 1,600 people have been injured, and 37 of them are in critical or serious condition in hospitals.

THE ASSOCIATED PRESS

Revenge porn

California bans posting nude pictures of exes

California Gov. Jerry Brown on Tuesday signed a bill outlawing so-called revenge porn for people who post naked photos of their exes after bitter breakups.

The law, which takes effect immediately, makes it a misdemeanor to post identifiable nude pictures of someone else online without permission and with the intent to cause emotional distress or humiliation. The penalty is up to six months in jail and a \$1,000 US fine.

THE ASSOCIATED PRESS



Palestinian garden of tears

A resident of the Palestinian village of Bilin, near the West Bank city of Ramallah, waters flowers planted in tear-gas canisters Wednesday to honour those killed over years of clashes with Israeli security forces during protests against Israel's West Bank separation barrier. The unusual garden is meant to show that life can spring from death.

MAJDI MOHAMMED/THE ASSOCIATED PRESS

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Final report. Glee star's death ruled accidental

A needle and two empty champagne bottles were found in the Vancouver hotel room where Glee star Cory Monteith was found dead, according to the B.C. Coroners Service's final investigation that ruled his death accidental. Monteith, 31, died of mixed drug toxicity, including heroin and alcohol, and the report hints that his recent stints in rehab may have contributed to his death.

"If someone has abstained from using opioids for a period of time, tolerance may be lessened," the report states.

EMILY JACKSON/METRO IN VANCOUVER



Cory Monteith THE CANADIAN PRESS FILE

Rob Ford stands by friend slapped with drug charges

Out on bail. 'Good guy' and occasional driver for T.O. mayor accused of trafficking marijuana

Toronto Mayor Rob Ford said Wednesday he's surprised and shocked that one of his friends has been arrested and charged with four drug offences in the city's west end.

Toronto police say Alessandro Lisi, 35, is one of two men arrested Tuesday after a search warrant was executed in connection with an ongoing criminal investigation.

Lisi is charged with trafficking in marijuana, possession of proceeds of crime, possession of marijuana and conspiracy to commit an indictable offence.

Ford defended his friend in an impromptu news conference at a gas station near

Defence

"He's a friend, he's a good guy, and I don't throw my friends under the bus."

Toronto Mayor Rob Ford

his west-end home, saying Lisi is "(on the) straight and narrow" and he's never seen him drink or do drugs.

He refused to comment further on Lisi's arrest, saying the matter is before the courts.

Lisi appeared in court at Toronto's Old City Hall on Wednesday afternoon and was granted \$5,000 bail. He has another court appearance on Nov. 12.

Media reports have described Lisi as a close friend and occasional driver for the mayor.

Torstar News Service re-



Mayor Rob Ford addresses reporters by a gas station in Toronto on Wednesday regarding the arrest of his friend and occasional driver Alessandro Lisi, right, seen leaving court. LEFT: TORSTAR NEWS SERVICE; RIGHT: NATHAN DENETTE/THE CANADIAN PRESS

ported earlier this year that Lisi was looking for a video that allegedly showed Ford using crack cocaine. Ford has said he does not use crack cocaine and that the alleged video does not exist.

The allegation surfaced on May 16 when reporters from Torstar and the U.S. website Gawker reported they were shown the video.

In connection with Tuesday's investigation, another

man, Jamshid Bahrami, 47, of Toronto, is charged with possession of cocaine, three counts of trafficking in marijuana and conspiracy to commit an indictable offence.

THE CANADIAN PRESS



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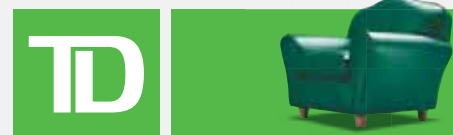
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Kashmir

Militants cross from Pakistan into India, army says

The Indian army said Wednesday its troops have been battling for days against dozens of armed rebels who crossed the heavily militarized border from the Pakistan-controlled Kashmir region into Indian-held territory. **THE ASSOCIATED PRESS**



Kashmiri farmers seen on Wednesday.
DAR YASIN/THE ASSOCIATED PRESS

7 million affected

UN urges Syria to allow access for humanitarian aid

The UN Security Council moved quickly Wednesday to follow through on its newfound resolve to deal with Syria, issuing an urgent appeal for immediate access to all areas of the country to deliver desperately needed humanitarian

aid to millions of civilians enduring the conflict.

The council adopted a presidential statement addressing "the significant and rapid deterioration of the humanitarian situation in Syria."

The statement, aimed at helping the nearly 7 million Syrians affected by fighting, urges the Syrian government to facilitate "safe and unhindered humanitarian access" to people in need.

THE ASSOCIATED PRESS

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Residents walk through a bazaar near a mosque in Thandwe, Myanmar. Terrified Muslim families hid in forests on Wednesday, a day after Buddhist mobs killed a 94-year-old woman and burned dozens of homes. KHIN MAUNG WIN/THE ASSOCIATED PRESS

Muslims hide in fear amid campaign of violence

Myanmar. Government accused of tolerating — or even abetting — ethnic cleansing against Rohingya minority

Background

Clashes that began in the state of Rakhine in June 2012 have since morphed into an anti-Muslim campaign that has spread nationwide.

- Most of those targeted in Rakhine have been ethnic Rohingya Muslims, considered by many to be illegal migrants from Bangladesh, though many of their families arrived generations ago.

Terrified Muslim families hid in forests in western Myanmar on Wednesday, a day after fleeing new sectarian violence that erupted even as the president toured the divided region.

Buddhist mobs killed a 94-year-old woman and four other Muslims and burned dozens of homes in unrest Tuesday near the town of Thandwe.

The government has failed to stop the violence from spreading since it first erupted last year, killing hundreds of people and forcing many thousands to flee their homes.

Some rights groups accuse the government of tolerating, or even abetting, what they describe as ethnic cleansing directed against the Muslim Rohingya minority in Myanmar.

They say President Thein Sein, who is visiting the region for the first time since clashes flared there last year, has done little to crack down on religious intolerance and failed to bridge a divide that

has left hundreds of thousands of Muslims marginalized and segregated — many of them confined by security forces in inadequately equipped camps for those who fled their homes.

Thein Sein arrived in Thandwe on Wednesday, the second day of his visit to Rakhine state, and was to meet religious leaders from both communities.

"It's just a political game," said Hla Sein, a 54-year-old Muslim man speaking at a house in Thandwe. "The president is the most responsible person in the country. Up until now, when Muslim people have been killed, their property destroyed, he's been silent." **THE ASSOCIATED PRESS**

The grim face of Kingston Pen



PHOTOS BY FRANK GUNN/THE CANADIAN PRESS

A trip to jail

Prisoners move out ... and a tour group moves in

They went to prison — and loved it.

Eager visitors lined up Wednesday as the historic Kingston Penitentiary threw open its doors to the public for the first time in decades.

About two dozen people entered its imposing blue-stone limestone walls — the



first tour group allowed inside since the last prisoners were moved out last week.

Visitors were curious to get a peek inside the storied penitentiary, where some of

And the future?

2015

Correctional Service Canada says the future of Kingston Pen is uncertain, but the plan is to fully decommission it by 2015.

the country's worst criminals have done hard time.

They looked in awe at the jail's workshop area (top photo) and the segregation cells (left), which are little more than cages.

THE CANADIAN PRESS

Filthy rich and getting richer ...

We're doing just fine, thanks. Affluent Canadians tell researchers they've bounced back from 2008 market crash

You've always suspected it — and you're right: The rich ARE getting richer.

The majority of affluent Canadians are better off today than before the 2008 market crash, a new study shows.

A new BMO Harris Private Banking study covered well-off Canadians — those with investable assets of \$1 million or more.

And it found that 54 per cent of them said their financial situation is more solid than before September 2008.

Only 11 per cent said they are worse off and 36 per cent reported that their financial situation is unchanged.

The picture is slightly better for wealthy Americans — 61 per cent said they are doing better, and only seven per cent said they are worse off than they were prior to the global economic crisis.

"High-net-worth Canadians clearly feel they have bounced back well from the 2008 downturn and are fairly upbeat about what the

future has in store for Canada's economy," said Alex Dousmanis-Curtis, senior vice-president who heads up BMO Harris.

"However, we're also hearing from many of our clients that they remain somewhat concerned about global market fluctuations and they want to ... insulate their wealth as best as possible against a downturn."

But they're not shy about spending the extra dough, with the study showing them returning to pre-recession spending levels.

They are forking over more than, or the same as, they did prior to September 2008 in key areas — entertainment and leisure (89 per cent), travel and vacations (86 per cent), club memberships (78 per cent), clothing (75 per cent) and collections and hobbies (72 per cent).

TORSTAR NEWS SERVICE

Quoted

"We are delighted to see such a high percentage of high-net-worth Canadians opening up their wallets."

Alex Dousmanis-Curtis, BMO Harris

Is he barking mad?

What's the poop? \$500 for picking up after his dog

A Montana man who gathered and reassembled parts of five \$100 bills eaten by his golden retriever has been reimbursed by the U.S. Treasury.

Wayne Klinkel's 12-year-old dog, Sundance, snacked on the cash in the family vehicle while Klinkel and his wife ate at a restaurant.

Klinkel picked through the dog's droppings to recover parts of the bills. He cleaned and reassembled them, put them in plastic bags and sent them to the U.S. Treasury.

THE ASSOCIATED PRESS

Red planet's secrets

Supervolcanoes on Mars spewed huge lava clouds

Scientists have discovered ancient supervolcanoes on Mars similar to the cauldron-like caldera that sits under Yellowstone National Park.

Studying images from several spacecraft orbiting Mars, researchers at London's Natural History Museum and NASA found at least one massive volcano and evidence for several others that spewed huge clouds of lava and ash.

The new finding suggests such eruptions could have affected the red planet's climate and atmosphere.

THE ASSOCIATED PRESS

Glitches. Interac service up and running (mainly)

Interac was experiencing intermittent issues with its e-Transfer service Wednesday despite initially restoring service in the morning after day-long problems on Tuesday.

After having fixed the earlier glitches, the company was seeing some issues again and working to resolve them, spokesperson Caroline Hubberstey said.

The problem was again mainly affecting deposits, although a few financial institutions also had problems sending funds.

Hubberstey said most

people were able to send an Interac e-Transfer, but when the notification for deposit arrived at the receiver, the receiver was unable to deposit the funds.

Several people took to Twitter to express concerns that payments for such things as rent might not go through or that they might be hit with non-sufficient funds (NSF) charges.

Interac said its other services — Interac Debit, Interac Cash and Interac Online — were operating normally.

THE CANADIAN PRESS

Protests. PMO relents, lets TV man cover Harper

A veteran TV cameraman will be allowed to travel to Malaysia with the prime minister this week after all.

Earlier, Stephen Harper's office appeared poised to scratch CTV journalist Dave Ellis from the trip because he asked an impromptu question during a media event last week in New York.

The TV networks fought back, insisting that they — not the Prime Minister's Office — should decide who to assign to cover Harper.

And now Jason MacDonald, a spokesperson for the

prime minister, says no accredited journalist will be prevented from boarding Harper's plane.

During the New York event, Ellis asked Harper about the charges laid against then-Conservative MP Dean Del Mastro, even though reporters and photographers had been told questions were not allowed.

Harper leaves Thursday for a seven-day trip to Malaysia and Indonesia, and CTV had Ellis accredited to work as a pool cameraman.

THE CANADIAN PRESS

Brazeau. Ex-Tory senator embroiled in mystery over medical emergency

Independent Sen. Patrick Brazeau is making news again.

His office is appealing for privacy after an unexplained medical incident at his home.

Spokesperson Debby Simms said Brazeau was not arrested as some early media reports suggested, but someone else at his home in Gatineau had a private medical situation that has since been resolved.

Police in Gatineau say they

responded to a call for help in the wee hours of Tuesday morning.

They would not confirm the 38-year-old senator was involved.

Brazeau was kicked out of the Conservative caucus earlier this year after he was charged with alleged assault and sexual assault.

He is set to appear in court on Wednesday.

THE CANADIAN PRESS



Independent Sen. Patrick Brazeau is appealing for privacy after a mystery medical incident at his home. ADRIAN WYLD/THE CANADIAN PRESS

Refugees at risk. Cuts by Ottawa imperil health of the vulnerable: Report

A young sexual-assault victim denied health care for her pregnancy.

A woman with asthma with no access to medication, rushed to hospital.

A child with pneumonia who could not get an X-ray.

All because they were refugees.

These are three examples cited in a new study released Wednesday by the Toronto-based Wellesley Institute, which examined the impact of cuts Ottawa made to the federal health program for refugees in June 2012.

"The new system creates confusion, lessens access to health-care services among vulnerable populations, leads to inconsistency in care across Canada, and results in poorer health and avoidable illness for refugees and refugee claimants," says the report.

Researchers documented cases of "negative and avoidable health outcomes" among

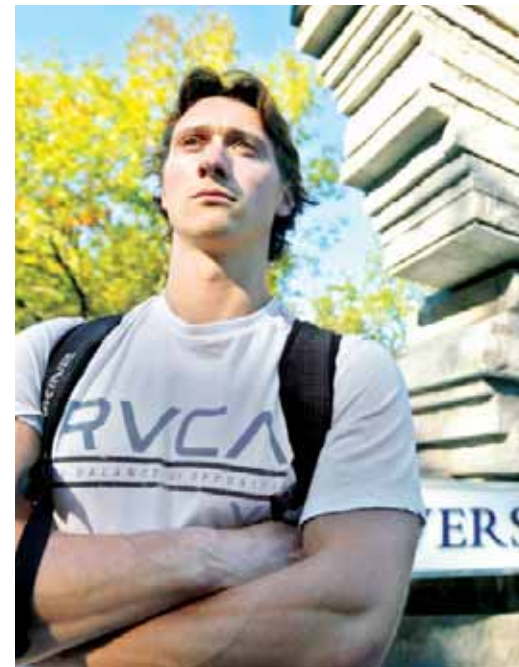
Scandal?

The Wellesley Institute report says women and children are especially vulnerable.

- **Case.** A refugee claimant 36 weeks pregnant was told by her obstetrician that the government would no longer provide coverage for delivery and to bring in \$3,000 for her next appointment. Later, officials said they made a mistake.
- **Case.** A child with a potentially contagious rash was turned away from a clinic because her coverage, although valid, was not accepted.

refugees since the changes to the health program were implemented.

TORSTAR NEWS SERVICE



It's a learning experience

Just call him Two-Job Hettinger. Business student Randall Hettinger is working two jobs to avoid missing the Nov. 15 deadline for paying the rest of his tuition. After that, the University of Toronto charges interest. Queen's Park admits the system is unfair and has promised to change it by the end of December. VINCE TALOTTA/TORSTAR NEWS SERVICE

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

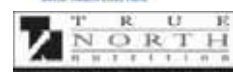
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2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.
3. Choose one that is cold temperature micro-filtered. This ensures the highest quality and biological value.
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- 1 cup water or coconut water
- 1 scoop of Absolute Whey protein powder (or 2 tbsp.)
- 1 tbsp. chia seeds
- 1/4 tsp. matcha green tea powder or 1/4 tsp. spirulina powder
- 1/4 cup fresh blueberries
- 1/2 banana
- 1/4 tsp. cinnamon
- handful of kale
- * Toss all of the ingredients into a blender and blend until smooth and creamy



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U.S. budget battle. Both sides predict shutdown could last for 2 weeks



Furloughed government workers protest in Washington. WIN MCNAMEE/GETTY IMAGES

President Barack Obama brought top lawmakers to the White House on Wednesday as Republicans rejected Democratic demands to vote on legislation ending a two-day partial government shutdown without changes to the nation's three-year-old health-care law.

Despite the meeting, White House press secretary Jay Carney said sharply that Obama "will not offer concessions to Republicans in exchange for not tanking the economy."

With the nation's ability to borrow money soon to lapse, Republicans and Democrats alike said the shutdown that has idled some 800,000 federal workers could last for two weeks or more, obliging a divided government to grapple with both issues at the same time.

House Republicans have

brought a handful of bills to the floor to reopen portions of the government, including veterans' programs, parks and the National Institutes of Health. Democrats labelled that a piecemeal approach and rejected it, and the White House threatened to veto the measures in the unlikely event they made it to Obama's desk.

"What we're trying to do is to get the government open as quickly as possible," said the House majority leader, Rep. Eric Cantor of Virginia. "And all that it would take is us realizing we have a lot in agreement."

Democrats were scathing. "The American people would get better government out of Monkey Island at the local zoo than we're giving them today," said Rep. John Dingell of Michigan.

THE ASSOCIATED PRESS

What to do with a 3D printer? Copy yourself

Technology. London startup is betting that printed plastic figurines will be a hot keepsake



KIERON MONKS
Metro World News in London, England

My twin is a perfect replica. From the haircut to the creases on his shirt, and the less-than-perfect posture, he is a mirror image. But at 15 centimeters tall, my twin appears to have been zapped by a shrink ray.

The truth is only slightly less like science fiction. The clone has been freshly printed from plastic, using an "experimental technique" by London, England, tech startup Levavo.

To create Kieron 2, I stood in a studio surrounded by over 60 cameras that scanned and measured me, using photogrammetry to accurately extract features, before feeding the information to a 3D printer that uses around 400,000 colours.

The business is among the first of its kind, a product of the Polish brothers Marcin and Piotr Piosik. "It started from us photographing garden ornaments," says Marcin.

Quoted

"Some (people) use them like photos, keeping their family on a shelf. Others like to have superhero effects, and one guy would get them to see how his diet was working."

Marcin Piosik, a co-founder of tech startup Levavo, which uses 3D printers to make replicas of people.

"We realized the potential of 3D printing and bought 20 cameras to make a prototype."

Investors were impressed and the brothers began to produce commercially, selling the models for around \$120 each. Customers find surprising uses for the figurines.

"Some use them like photos, keeping their family on a shelf," says Marcin. "Others like to have superhero effects, and one guy would get them to see how his diet was working."

The brothers aim to launch studios across Europe, and stay ahead of the game by constantly improving resolution and the materials for models. "We believe in the next couple of years we will have the same detail as any photo," says Marcin.



Kieron with Kieron 2: Metro reporter Kieron Monks shows off his 3D-printed mini-me at the Levavo office in London, England. METRO IN LONDON

Market Minute



DOLLAR
96.79¢
(-0.06¢)

TSX
12,839 (-8.44)

OIL
\$104.10 US (+\$2.06)

GOLD
\$1,320.70 US (+\$34.60)

Natural gas: \$3.54 US (-7¢)
Dow Jones: 15,133.14 (-58.56)

Upward trend

Internet stocks regain some sizzle

Internet stocks are heating up again, just as Twitter is preparing to turn up the temperature with its highly anticipated IPO.

Consider what's happened in the past month: The once-scorned stocks of Netflix and Facebook have soared to new highs; Yahoo's stock has surpassed \$34 US for the first time in nearly six years; enamoured investors just poured more than \$1.7 billion US into secondary stock offerings by LinkedIn and Pandora; and Price-line's stock just broke \$1,000 US, catapulting past its peak reached in 1999. "There is great demand right now to invest in companies that could be

powering the future, but it's a window of opportunity that won't last forever," says BGC Financial analyst Colin Gillis.

As hot as some Internet stocks are, the fervour is nothing like it was in the late 1990s when investors minted dozens of unprofitable companies with rich market values.

"The difference is that investors today are investing on value rather than on emotion and hype, as was the case in 1998 to 2000," says Jeff Corbin, CEO of investor relations consultant KCSA Strategic Communications. Many of today's investors are judging Internet companies on their individual merits and prospects for growth.

THE ASSOCIATED PRESS

Publishing

Author Tom Clancy dies, 66

Tom Clancy, whose high-tech, Cold War thrillers such as *The Hunt for Red October* and *Patriot Games* made him the most influential military novelist of his time, has died. He was 66. His publisher estimated that worldwide sales of his novels top 100 million copies. THE ASSOCIATED PRESS



Tom Clancy in 1998
THE ASSOCIATED PRESS FILE

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LAND OF THE LOUD LORD

My landlord and I have a complex relationship built on a solid foundation of shouting.

Many people have landlords who treat their apartments with benign neglect, quick to respond to every tenant request with a blithe, "We can send somebody in about a week," even if the specific message was "FIRE!"

Well, John my landlord is not like that. John is the opposite of that. John is this: a perfectionist and a busybody and 90-something years old.

The kind of landlord who stares at you through the mottled glass of his door like you can't see his distorted silhouette. The kind who stands on the front porch with a flyswatter (really), lest an insect sully his perfect patio. The kind who has appeared on Google Maps during two separate iterations, sitting in his designated spot, probably mulling where to find a flyswatter big enough to chase off the Google Car.

John is hard of hearing, so while he's being nosy, he speaks to you at a volume usually reserved for pro wrestling inter-



HE SAYS

John Mazerolle

metronews.ca

views. GROCERIES, HUH?! WHAT YOU GOT THERE!? YOGHURT?!?!
Have I mentioned my rent is really low? I'm not a perfectionist, to put it mildly.

When the tenant upstairs moved, John had me take some photos of the apartment so he could catalogue the "mess" that had been left behind, such as an onion in the fridge.

"How can anyone live like this?" he asked, as I thought about the rotting vegetables in my fridge, several of which had become radioactive and/or sentient.

That means every time he knocks on my apartment door, my life descends into a Benny Hill panic, Yakety Sax blaring, except the only half-naked person is me. When he arrives for the occasional maintenance visit, I throw my pants off, so I can open the door a crack and let him know I'll be "just a minute." This buys me time to, say, cover the tomato soup stain in the middle of the living room carpet.

Once I was dealing with a fruit fly infestation with vinegar traps when he unexpectedly knocked. I was forced to impro-

viser with the vacuum cleaner, in a massacre I like to imagine the surviving fruit flies still talk about in hushed tones.

Maybe it's my fault that I'm a slob, maybe it's his fault that his idea of a reasonable warning is three knocks and a gentle "HELLO ANYBODY HOME?!?"

Whatever the case, I'm happy. As long as my apartment is clean and affordable, I will put up with levels of eccentricity that greatly exceed the scientifically acceptable safe limit of 12 micro quirks per square metre.

How do I make it work? I believe the key to a successful tenant-landlord relationship is communication: that is, avoid it at all costs.

When John is friendly, I smile. When he's confrontational, I nod. Then I move on. Compare to the upstairs tenant, who has had at least three shouting matches with him since she moved in a month ago. Calling the police seems to be a running theme, so at least they have some common ground to work from.

If you'd like any further tips on how to deal with your landlord, I'll just need a minute to throw some clothes on and ask you to ignore any strange noises, such as explosions. But feel free to give me a shout. That's what I'm used to.

ZOOM

Gaza's tunnel smugglers bored



HATEM MOUSSA/THE ASSOCIATED PRESS

No goods transferred amid Egypt turmoil

A Palestinian man works in a tunnel in Rafah, on the border between Egypt and the southern Gaza Strip.

Since the summer, Egypt's military has tried to destroy or seal off most of the smuggling tunnels under the Gaza-Egypt border, a consequence of the heightened tensions between Cairo and the Hamas

government in Gaza. The tunnels once employed thousands of young men in Gaza. By early September, with most tunnels closed, only a few tunnel workers reported to their jobs for maintenance work. Some mask their faces with shirts to avoid identification while working, for fear of repercussions in case they were to travel to Egypt in the future.

THE ASSOCIATED PRESS

A solution to a blockade

- The tunnels have served for years as a lifeline for Gaza, home to some 1.7 million Palestinians.
- They became important after Hamas overran the territory in 2007, prompting Israel and Hosni Mubarak to impose a border blockade.

Fuel, construction goods

"We have no other alternative but to work in these tunnels. They are the only crossing to bring needed goods to Gaza."

Hussam Rashwan, tunnel worker
Some workers began digging new tunnels to replace the ones destroyed by Egyptian security forces.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Just because you don't live in a city with an international art biennale, world-class art gallery or well-known film fest, doesn't mean you have to be left in the cultural dark. These podcasts will keep you tuned into the world of art and culture.



ARI PERILSTEIN/GETTY IMAGES

Bullseye:

In-depth interviews about 'all things awesome,' Jesse Thorn likens himself to a Conan O'Brien, but safe for public radio.

LensWork:

Short snippets on photography, creativity and the art world — without the art speak.

SFMOMA Artcasts:

A monthly peek into the world of artists, writers, curators and musicians.

Comments

RE: O Canada, In All Thy Gender-Neutral Sons Command...? Published Oct. 1

When you have a mixed group, male and female, the masculine is no longer masculine alone but encompasses the entire group. For example, if you holler, "Hi there, guys," to a group of friends, the girls in the group are included in the greeting because of the rules of language.

English is not the only language that does this. In French, if you have a mixed group of men and women, the pronoun used is 'Ils.' It means

all of them. In Spanish, if you have a mixed group, the pronoun used is 'Ellos,' the plural masculine form which now includes the women, too.

'In all thy sons command' implies sons and daughters. It leaves no one out. I lament that these women, who claim to represent all women (yeah, right) didn't pay more attention to their education. It's important to learn about the world and I would think that language would be a good skill to have.

Get a grip! You make me embarrassed of my own gender.

Hazel May Lebrun posted to metronews.ca

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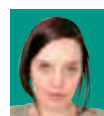
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Hardcourt bike polo is turning hardcore

Mallets of Mayhem.

It's like the game rich people play, only with bikes and you can do it in an empty rink



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Hardcourt bike polo, a form of polo played with bicycles and homemade mallets on a hard surface, like a tennis or basketball court, is a sport on the rise.

It's played in more than 300 cities scattered over more than 30 countries worldwide with hundreds of tournaments being held annually, according to the League of Bike Polo.

There are 29 leagues in Canada alone.

Ottawa Bike Polo, home of the Mallets of Mayhem, is the first and only hardcourt bike polo club in Ottawa. It was created 10 years ago by a trio of local bike messengers.

The group gets together at Ev Tremblay Park in Little Italy a couple times a week.

"We play on Tuesdays and Sundays and any other time enough people are interested," says Luke Sheldrick, a member of Mallets of Mayhem and co-promoter of a new monthly night at Babylon, called Dark and Stormy, which is geared toward bike enthusiasts.

Some Mallets of Mayhem



The Mallets of Mayhem get together a couple times a week to play hardcourt bike polo at Ev Tremblay Park in Little Italy. COURTESY CHRIS KAISER

players are now even competing on the world stage.

Three teams from Ottawa are heading to Fort Lauderdale next month to take part in the World Hardcourt Bike Polo Championship. A fourth local team is also making the trip to play in a 32-team wildcard tournament.

Considering just 20 teams from North America make it to the Worlds, Ottawa is fairing quite well.

"There's a full qualification system all around the world," Sheldrick explains.

"Here in North America,

there are seven regions. We're part of the Northside. There's a Northside regional qualifier in which a number of teams make it to North Americans and then, from there, 20 teams make it to the Worlds. There are similar qualification systems like that in Europe, Australia, Japan, South America and Central America."

The next Dark and Stormy is the official fundraiser for Ottawa Bike Polo's trip to the World Hardcourt Bike Polo Championship. All of the money from the door that night will be donated to the

Dark and Stormy

- **When:** Saturday at 10 p.m.
- **Where:** Babylon Nightclub (317 Bank St.)
- **Price:** \$5 after midnight, donations accepted before midnight.

teams competing in the tournament.

Sheldrick doesn't expect to raise enough money to cover all of the costs involved but says the fundraiser will at least soften the blow in terms of players having to pay their

own way.

"There's no real money in the sport," he says.

"Everyone just travels and pays for themselves. We have flights, accommodations, car rentals, registration. Anything helps."

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Today's Soft Rock

Who is Madison Beer? Metro talks to Justin Bieber's 14-year-old protege

Living a dream.

A single tweet changed this young singer's life

ANDREA
PARK

Metro World News in New York

Madison Beer's life changed when Justin Bieber tweeted a link to her YouTube video last year. The 14-year-old has been on the fast-track to fame ever since, and Beer has kept herself busy recording music and working with Ralph Lauren in the past year. Beer talked (and giggled) to Metro and shared her thoughts on Justin Bieber, the music industry, fashion and school.

How did you feel when Justin Bieber tweeted your video?

It was so crazy! I was such a huge fan of him and for him to notice me was incredible.

How often do you get to see him?

Whenever he's around I get to hang out with him. It's pretty cool that I get to see him.

What's it like to hang out with your idol?

It's awesome. I really look up to Justin a lot and for him to be able to give me advice and help me out and hang out with me and be such a nice person to me is really awesome. I'm really grateful for that.

What's the best advice he ever gave you?

I think the best advice he gave me is when he said there are



After school, 14-year-old Madison Beer spends late nights in the recording studio. GETTY IMAGES

going to be haters and people are going to be mean but you have to keep your head up and believe in yourself and don't let anyone tell you otherwise.

What's your schedule like between school and recording?

I usually go to school for a couple of hours and I'm in the studio until pretty late at night. I get pretty tired because I'm a really hard worker when it comes to the studio but when it comes to school I'm just like, "ughhhh."

You just released your new music video Melodies. What was it like to film your video?

It was literally the funnest day of my life to record it. When I recorded it in the studio, that helped me get familiar with the words and the melodies and it was incredible to see the outcome. I was so grateful to work with the people — the actors and the people who shot the video and everyone. It was just an awesome fun day and I got to meet so many kids and it was amazing.

You performed at the Ralph Lauren girls' fashion show — what is it like working with the label?

It is really incredible. I love him so much. I've always been

a huge fan of all of their pieces, all of their clothes and their look. It was surreal to work with them.

Do you have any style tips?

Be yourself! I love clothes. Clothes are literally one of my favourite things on the planet and anyone who knows me knows that. I like to change my outfit three times a day and put outfits together and get creative. Rocking an outfit and being confident in what you wear is so important. Be yourself and it'll come naturally.

Do you have one thing in your closet you really love to wear?

Well, I love to tie things around my waist. I'll tie a flower around my waist or a sweater. I have a pair of Brandy Melville overalls that are so cute and I've been wearing them a lot — I wore them to Disneyland the other day.

I have to ask you — what are your thoughts on Miley Cyrus?

I love her. I think that there are definitely some people who are like, "Oh my god, what happened to her? This is horrible." But I think if she's happy doing what she's doing and confident and having fun then I think it's fine. Maybe it's a phase

Oh, that's what I want to do

"When I saw Justin Bieber's movie. That changed my whole outlook on singing and the music industry."

Madison Beer on knowing when she wanted to be a professional singer

she's going through. She and her fiancé just broke up and that's going to be really tough on her and everyone handles things differently. Maybe she's trying to get attention from him — I don't know. But I look up to her and I'll always be a huge fan.

Who are your idols other than Justin Bieber?

One of my major idols — and anyone who talks to me or follows me on anything knows this — is Rihanna. She's so cool and trendy and she has such a cool vibe. I love her so much and I have a picture of her in my room. I also really love the Beatles and their music.

Have you ever met her?

No! Hopefully I will. I think I would faint.

When did you know you wanted to be a professional singer?

Really, when I saw Justin (Bieber's) movie. That changed my whole outlook on singing and the music industry. I never thought, "I have to be a singer," but when I saw Justin's movie, it changed my perspective and I learned that anything is possible. He's really helped me.

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Sarah Polley



Even cancer can't stop Def Leppard from rocking on

Hysteria. Band takes their mega-hit album and brings it to the big screen

Rocking with Def Leppard between bouts of chemotherapy proved healing for guitarist Vivian Campbell.

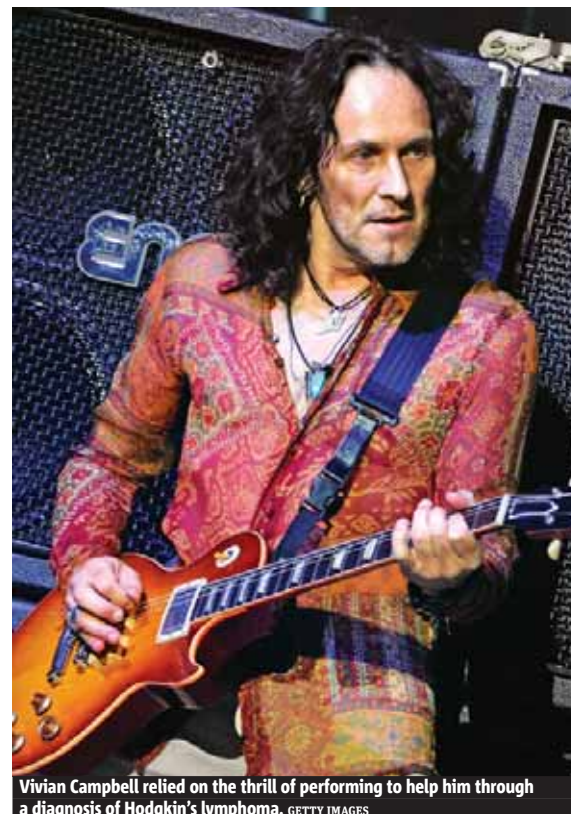
The 51-year-old musician relied on his bandmates and the thrill of performing to help him through a diagnosis of Hodgkin's lymphoma (he started treatment in April). The band hit the road this summer for a monthlong tour that wrapped in July.

"We've actually been able to work through it," said Campbell. "We did the shows in Europe while I was doing chemo ... and mentally that was a big part of my recovery."

"I'm glad I had the opportunity to work through it instead of stay at home and feel sorry for myself."

After more than 30 years together, Def Leppard isn't slowing down for cancer — or anything else.

Fans can get a front-row seat to see the band at local cineplexes on Wednesday and Thursday and again next week in Def Leppard Viva! Hysteria Concert. Filmed during a Las Vegas residency earlier this year, it shows the quintet doing some-



Vivian Campbell relied on the thrill of performing to help him through a diagnosis of Hodgkin's lymphoma. GETTY IMAGES

thing unprecedented: performing the 1987 mega-hit album, *Hysteria*, live from start to finish.

"It was fun, actually, and a totally different way of doing it," said guitarist Phil Collen. "It was a different dynamic doing the album in full, and it was much more theatrical."

Part of the theatrics came in the form of Ded Flatbird. Singer Joe Elliott suggested the band open for itself during its first-ever Vegas residency, but do it as a fake cover band.

"We would actually go out and pretend to be Ded Flatbird, who were supposedly the greatest Def Leppard cover band in the world," said Campbell. "Joe gave us all aliases. We became different characters, and as the shows progressed, we kind of developed those personalities a little bit more, and that was a fun part of the show..."

"Then, of course, the curtain reveal and it's Def Leppard doing *Hysteria*."

Ded Flatbird performed

A convincing cover

The band talks about pretending to be a Def Leppard cover band.

- **Drummer Rick Allen.** "We were so convincing that a lot of people didn't actually realize it was us. We actually got booed by a few people."
- **Guitarist Vivian Campbell.** "Because we went out and found another one-armed drummer," he quipped. (Allen lost his left arm in a car accident in 1984).

nightly during the nine-show engagement, playing obscure material from the early days of Def Leppard and other tracks apart from the *Hysteria* album. Ded Flatbird's performances are included in the double CD and DVD set, *Viva! Hysteria*, out on Oct. 22.

THE ASSOCIATED PRESS

Superheroes are hot, comics are not

Medium matters.

People are flocking to films based on comic books, but the source material remains the realm of the nerd

He towers over the land, his muscles rippling and blond mane blowing in a windstorm of his own making. Wielding his trusty magical hammer, he crushes villains as easily as he romances beautiful women.

Thor, epic god of thunder, was inspired by Norse mythology. But his modern, movie-star incarnation was born on the pulpy, hand-drawn pages of 1960s comic books. He will storm into your local multiplex again next month, one of the many superheroes who have escaped the illustrated panels of comic books to dominate not only our movie theatres and TV screens, but much of our pop culture landscape, from toys to clothes.

But while comic book characters are everywhere, comic books themselves remain mostly a niche product.

Take Arkham Gift Shoppe, for instance, a small comic book store on the northern fringe of Pittsburgh. When regulars arrive to pick up their monthly orders, some slip in with all the stealth of Catwoman eluding Batman. These guys carefully hide their comic-buying habit, or the extent of it, from their girlfriends or wives (yes, they have those) because these women "aren't cool with



Many women do read comics and attend comic book conventions. THE ASSOCIATED PRESS

them spending their money on something so juvenile," shop owner Jeff Bigley says.

How is it that the painstakingly inked comic pages where these wildly popular characters were born still don't get the attention and respect that fans say they deserve?

Chris Sims of Sumter, S.C., waits for the befuddled reaction when he tells people that he reads, writes about and creates comic books for a living. The popularity of Marvel's blockbuster films has made it only a little less awkward for him to admit being an avid consumer of comics.

"If you tell somebody you

read Captain America now, they know who you're talking about," says Sims, who blogs at websites including ComicsAlliance.com. "The characters' being visible lessens the kind of stigma of reading comics, because people know those characters and have affection for them."

But only to a point. Amanda Osman-Balzell is a married opera singer raising a toddler daughter while attending graduate school. When new friends visit her Tempe, Ariz., home, they raise eyebrows at her stash of comic books.

"They see that we have comic books," she says, "and they

look at us like, 'Really? You guys look so normal.'"

She explains that many of today's comic books boast intricate artwork and story lines far more complex and thought-provoking than their big-screen counterparts. But friends roll their eyes when she describes comics as "literature."

Lina Krueger's life is very different from Osman-Balzell's — she's a single woman in her 20s working in Washington, D.C. — but her love of comics garners an identical reaction.

"A lot of guys are like, 'Really?'" Krueger says.

In her spare time, she blogs at GirlsReadComics.com,

Comic problems in a digital world

A generation ago, only a comic book or cartoon could depict an apocalyptic clash of titans just as easily as it delivered an intimate, whispered moment between two characters. Live-action movies needed a thousand extras and weeks of shooting to do the same.

The science of computer-generated animation, which has rocketed forward even in the years since Robert Downey, Jr., first climbed inside an Iron Man suit, now does the same trick on a vastly larger scale. How can a 10-by-seven-inch booklet of stapled paper compete with a thundering IMAX screen?

There are roadblocks to luring new readers.



Fans flock to San Diego Comic-Con. THE ASSOCIATED PRESS

Many of today's fans began reading comics as kids in the '80s and '90s, says Caleb Williams, founder and editor of SuperHeroMovieNews.com. "I don't see kids reading comics now," he says, partly because no one issues kid-friendly comic books tied to a movie release.

hoping to fight that attitude.

Is it simply a problem of supply and demand? Many towns lack a brick-and-mortar comic book shop. And who needs to hunt for one when television is suddenly stocked with heroes and their friends?

Green Arrow has stuck around for another season, and that series' producers are considering a spin-off Flash series. Agents of S.H.I.E.L.D. premiered to solid ratings, despite the absence of any actual Avengers on screen. And Deadline.com described Fox's recent acquisition of the new TV series

Gotham, featuring a young, not-yet-commissioner Gordon, as "one of the biggest drama deals this season."

A fictional comic book shop is featured on the popular CBS sitcom The Big Bang Theory. But the lead characters who hang out there are socially stunted, and the running joke is that attractive women never, ever set foot in the store.

Another challenge may be that those accustomed to the shock and awe of blockbuster superhero movies are bored by even the most vividly drawn comic book.

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Playboy Clooney's model behaviour bags him yet another young beauty

It looks like George Clooney is completely over Stacy Keibler, if his reported sleep-over with Croatian model Monika Jakisic at his L.A. mansion last week is any indication. The pair "spent hours talking and have an incredible connection," a source tells Us Weekly. That connection apparently began at a London nightclub back in May — two months before Clooney officially split with Keibler — where he and Jakisic "danced and held hands," according to the source. "He's been calling and texting her ever since."



George Clooney

Do not be alarmed, people of the U.K. — it's just Brad Pitt in his tank



Brad Pitt. ALL IMAGES GETTY

Brad Pitt's latest Second World War film, *Fury*, involves him spending a lot of time in a tank, so it's no surprise that residents of the U.K. town where they're filming have been warned about "loud and unexpected noises" and "intermittent controlled gunfire and explosions" during production, according to the Telegraph newspaper. "We wanted to warn people in advance so that they are not alarmed, but also we don't want people ringing the emergency services," a studio spokesperson says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Don't Give the role! Swift will ruin one of my favourites

ALEXANDRA M. CAVALLIO

Metro World News in NYC

As most of you probably know by now, Taylor Swift has been cast in a small role in the upcoming film adaptation of Lois Lowry's iconic YA novel *The Giver*. I say iconic because this book, like, defined my fourth grade year. So, when I heard that T.

Swift — she of the never-ending odes to the bad, bad boys who shattered her achy breaky heart and the non-existent acting chops (you guys saw Valentine's Day, right? Oh, no? Me neither) — was going to make an appearance in a *Giver* movie, I was a little affronted. And by a little affronted I mean I was all, "Say whaaat now?" and SMH dramatically at my laptop. Especially because the rest of the cast is shaping up to be pretty alright — Jeff Bridges as the title carrier of all the world's pain and the inimitable Meryl Streep as the village matriarch responsible for assigning roles to the children when



they come of age. Katie Holmes is apparently slated to play Jonas' mother, which I'm also not too psyched about but hey, she sort of lived the real life version of a woman brainwashed into believing a totally altered and whitewashed way of life was normal, so maybe she'll bring some real authenticity to the role. Swift is apparently going to play Rosemary, the girl who was supposed to become the next *Giver* before Jonas. And that's the only reason I haven't written a strongly worded letter to the casting director yet. I can take consolation in already knowing how she fares (spoiler alert: not well).

Twitter



@MorganSpurlock

With more than 800,000 government workers now off the clock, why are the jackasses who got us here still getting paid?



@MarlonWayans

The purge! Urlllllllll Get it out. Physical extraction spiritual release blahhhh! Ahhhh!



@josswhedon

I'm not "book smart," and I'm not "street smart," but I'm... I, uh — which was the one with books? I have that.



Michelle Rodriguez

Rodriguez finally and bluntly reveals sexuality

Michelle Rodriguez has finally decided to put an end to years of speculation about her sexuality. "I don't talk about what I do with my vagina, and they're all intrigued," she

recently told Entertainment

Weekly. "I've never walked the (red) carpet with anyone, so they wonder, 'What does she do with her vagina?' Plus, I play a butchy girl all the time, so they assume I'm a lesbo. Eh, they're not too far off. I've gone both ways. I do as I please. I am too f—ing curious to sit here and not try when I can. Men are intriguing. So are chicks."

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Au revoir to the runway

Another season of style has taken us to London, New York, Milan and finally, Paris. We conclude Spring/Summer 2014 fashion month with a look at France's most fabulous and forgettable offerings.

KENYA HUNT
Metro World News



Stella McCartney

Stella McCartney took a more relaxed, understated route for spring, working with longer silhouettes in single-tones. There was a very clear no-nonsense quality about the clothes, even with the more decorative skirts that had the peek-a-boo slits across the thighs. These were clothes for the woman who wants to look fashionable, but doesn't want to think about her outfit once she's put it on.

Chanel

Karl Lagerfeld's sophisticated tweed suits and younger urban dresses, all in saturated colours and painterly graphics, were the polar opposite of last season's work, which was darker and filled with Karl's rocker-edged trademarks. Watching the show, you got the sense that it was about having fun and enjoying the act of dressing up — how can you not in, say, a dress covered in multi-coloured tiers made to look like silk Pantone chips? It's display on an even grander scale than the pedestal treatment a sculpture may get in a gallery. And if you're going to show off, what better thing to wear than Chanel?



Saint Laurent Paris

Say what you want about Hedi Slimane, but you can't deny that he seems to know what women are in the mood to wear. Critics were on the fence about his last collection, which brought back grunge. Grunge at Saint Laurent? Isn't that blasphemy? The clothes are undeniably cool and sexy, but Isabel Marant already got there first. No matter, this updated take on that French rocker girl je ne sais quoi will be all over Zara and the like come March, if not sooner.

Chloé

Clare Waight Keller's clothes were refreshingly devoid of any bold graphics and prints, and yet it still had that feel-good quality that has characterized the shows this week. There wasn't a crystal or sequin in sight. Instead, she showed single-colour, easy-to-wear separates and dresses in a range of desert tones that were like a palette cleanser after the gilded, print parade we've seen this week. Best of all, it will give some much needed variety to the shop floors next spring.



Akris

This collection ran into trouble with the prints, which made the clothes look more like something you'd see in Banana Republic than on a Paris runway. The wrong print can cheapen a well-made piece. Other moments, though, such as an ivory v-neck sundress with sheer grids and a white coat dress with curved, sculptural tiers looked pretty, timeless and flawless — perfect for someone like, say, Princess Charlene of Monaco who sat front row.

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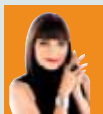
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TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



Drinking in the boundless energy of @SuzanneSomers, stellar at 66! New book "I'm Too Young for This" aims to empower.



A truly moo-ving afternoon @roseneathfair!



What a lot of vino! At a Penfolds' wine tasting @ShangriLaTO appreciating the finer things in life... #ILChaim

The Kit

Canadian street style

Spotted in: Toronto

Ayanda
Teacher

What she's wearing

Blundstone shoes, vintage denim shorts, Forever21 V-Neck Tee, vintage Leo de Gennaro sunglasses, and NARS red lipstick.

Her inspiration

"I just wear what represents me... and I feel naked if I am not wearing red lipstick."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!



Seeking success in style? Strut it like Beckham!

Super Spice. We have a quick chat with the fashionista as she hosts a lunch presentation during Paris shows



You had one of New York Fashion Week's most talked about moments when a photographer snapped a photo of Anna Wintour, without her sunglasses, smiling at little Harper.

It was great having her there sitting with David. I like to have them with me as much as I can.

Are you prepping Harper to one day fill your shoes? Will all of this be hers?

I don't know whether it will be Harper or

one of the boys. My family inspires me constantly. I'm very, very blessed to have such a supportive family and husband. The boys would be at the show as well if they weren't at school. But they can't have time off at school. But it was great having Harper and David there.

It's interesting that you chose to have this presentation at the British Ambassador's House, would you say you've become an ambassador of sorts for British fashion?

Well I live in London now and my kids love it and my husband loves it. I'm proud



Victoria Beckham GETTY IMAGES

Kindred counsel

"My family inspires me constantly."

Victoria Beckham

about to put the ready to wear brand on the site for the first time. So customers can really see the collection through my eyes. Separates, denim, two dress collections. I'm very proud of what I've achieved in five years. I'm really proud to be British.

METRO

of what I've achieved with my team and with how my business is growing. I'm glad that I can make women feel empowered. Because that's

ultimately why I do what I do. We've achieved a lot in five years. We launched our e-commerce site a year ago, we're



Value Village

Check out valuevillage.com for even more great ideas plus DIY costume how-tos!



#thrifortreat

Put down the boxed mac and cheese and no one gets hurt

"The whole wheat noodles and sweet potato up the nutritional score of this recipe, but it's as creamy and satisfying as a more traditional mac and cheese," writes Ceri Marsh in *How to Feed a Family*.

"I first made it when I needed to bring a dish to the Christmas potluck at (my daughter) Esme's daycare a couple of

years ago. It's great any time you have to feed a big gang."

1. Cook the pasta according to the package instructions.

2. In a large heavy-bottomed saucepan, melt the butter over medium-low heat. Sprinkle the flour over the butter, stir and allow to cook for a minute or two. Now slowly add the milk, stirring continually to stop the sauce from lumping up. If it's not thickening, nudge the heat up just a bit. Now add the cheeses and stir as they melt. Add the puréed sweet potato and stir well to combine. Taste before seasoning with salt and pepper.

3. In the last 2 minutes of the pasta's cooking time, add the frozen peas. (Who needs to dirty another pot?) Drain the pasta and peas in a sieve. Pour the cooked pasta and peas into the pot with sauce and give

Sweet Potato Mac & Cheese



This recipe serves eight. BOTH PHOTOS COPYRIGHT © 2013 MAYA VISNYEI PHOTOGRAPHY. REPRINTED BY PERMISSION OF APPETITE BY RANDOM HOUSE.

everything a good stir. Serve straight from the pot into bowls.

RECIPES FROM *HOW TO FEED A FAMILY: THE SWEET POTATO CHRONICLE COOKBOOK* BY LAURA KEOGH AND CERI MARSH.

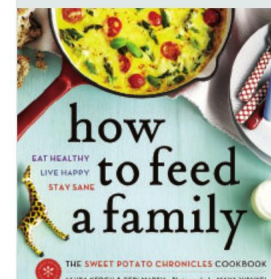
PHOTOGRAPHS BY MAYA VISNYEI. COPYRIGHT © 2013 SWEET POTATO CHRONICLES.

Ingredients

- 3 cups (750 ml) whole wheat macaroni
- 4 cup (60 ml) butter
- 2 tbsp (30 ml) all-purpose flour
- 2 cups (500 ml) milk
- 1 cup (250 ml) shredded cheddar cheese
- 5 cup (125 ml) grated Parmesan cheese
- 1 cup (250 ml) canned sweet potato purée
- Salt and pepper
- 1 cup (250 ml) frozen peas

Cookbook of the Week

Make them come running to the table



Since the success of their site sweetpotatochronicles.com, a cookbook was a natural next step for working moms Ceri Marsh and Laura Keogh.

As with their site, in *How to Feed a Family* the two offer recipes tailored specifically to families. They are simple, fast, easy-to-follow and use ingredients that are readily-available at local grocery stores.

Interspersed with the recipes are parenting tips and advice to encourage happy mealtimes for the whole family. **METRO**

Ingredients

- 4 cup (60 ml) olive oil
- Juice of 1 lemon
- 3 tbsp (45 ml) chopped fresh oregano
- Salt and pepper
- 4 chicken wings
- 2 boneless, skinless chicken breasts
- 2 boneless, skinless chicken thighs
- 3-4 lb (1.5-1.8 kg) red potatoes, halved
- 1 yellow zucchini, chopped
- 1 green zucchini, chopped
- 1 red onion, quartered
- 6 cloves garlic, peeled
- 32 cherry tomatoes



This recipe serves four to six.

Throwing-it-together done right: Chicken Tray Bake

1. Preheat the oven to 400 F (200 C). Spray a large rimmed baking tray with cooking spray.

2. In a small bowl, whisk together the oil, lemon juice, oregano and salt and pepper to taste.

3. In a medium bowl, toss

the chicken with half the dressing. You can allow the chicken to marinate in the refrigerator for more intense flavour (anywhere from 1 to 3 hours) but it's also great if you use it right away.

4. In a separate large bowl, coat the potatoes, zucchinis and onion with the remain-

ing half of the dressing. Scatter the vegetables and garlic on the prepared baking tray. Arrange the chicken on the tray as well.

5. Bake in the oven for 15 minutes. Take out the baking tray and scatter the cherry tomatoes across the top of the vegetables. Return

to oven and bake for another 15 to 20 minutes, until the chicken is cooked through and the vegetables are tender.

6. Plate appropriate portions for family members (make mine big, please) from the tray and serve immediately.

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DIY Thanksgiving

Style gurus Steven Sabados and Chris Hyndman are getting ready for the Thanksgiving holiday and shared these easy, cost-effective DIY projects to help you get into the festive spirit. For more Thanksgiving tips, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS



Thanksgiving table setting

There's no better time of year to celebrate nature's charm than Thanksgiving. Beautiful foliage splashes our landscape, creating breathtaking scenery that has inspired us to create this seasonal table setting.

- Burlap
- Pumpkins and gourds
- Flowers
- Candles
- Dried corn husks
- Manila labels



Method:

1. Run a piece of burlap down your table as a runner. It will warm up the table and instantly set the tone for your harvest meal.
2. Gather pumpkins, gourds, flowers and a few candles to dress up the centre of the table. For a foolproof way to set this up, start with the largest pumpkin and flowers in the centre and work your way out, getting gradually smaller as you go.
3. Create a pumpkin vase by hollowing out one pumpkin and adding a cylinder vase to the centre. Add a seasonal floral bouquet to the vase.
4. Create organic place cards by using dried corn husks wrapped with string. Attach a manila label (with your guest's name handwritten on the label) to each grouping of husks. We recommend a grouping of three husks of varying colours.

Birch candlestick holders

Birch logs are a chic addition to your fall decor and are often found in robust autumn planters. Incorporate a touch of this rustic elegance into your fall tablescape with these beautiful birch log candlestick holders.

- Saw
- Birch logs
- Drill & spade bit
- Candles

Method:

1. Saw your birch log into varying heights.
2. In the centre of each log drill a hole, approximately one inch in depth (Note: Use a spade bit that is the same width as your taper candle — we used a 3/4-inch bit).
3. Add felt pads to the bottom of all your log rounds.
4. Add your candles to the log holders and display in a cluster for a fun centrepiece.



The Pumpkin Alexander cocktail

The wonderful fall flavours that we savour at Thanksgiving need not end once dinner has been devoured. The delicious taste of pumpkin can add an interesting festive twist to a classic Brandy Alexander cocktail. Consider the Pumpkin Alexander as the perfect cocktail for your Thanksgiving dinner party!

- 1.5 oz brandy
- 0.5 oz amaretto
- 2 oz crème
- 3 tsp canned pumpkin pie filling
- Nutmeg
- Cinnamon



Method:

1. Drop some crushed ice into a shaker.
2. Add brandy, amaretto, crème and canned pumpkin pie filling.
3. Secure the shaker lid on the shaker.
4. Shake away!
5. Pour the frothy cocktail into a martini glass.
6. Garnish with grated nutmeg and cinnamon.



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metro

FIRST-TIME HOMEBUYERS

Thursday, October 3, 2013



There are many communities, designs, and builders to choose from, so read advertisements, browse builder websites, visit home shows and model show homes to get a feel for what your dream home is. ISTOCK/THINKSTOCK

Informed shoppers are best shoppers



**LESLEY
SCORGIE**
For Metro

Maybe you have been dreaming up blueprints for years or simply stumbled upon a community where you would like to build your new home. Whatever the case, put on your savvy shopper hat and get informed.

There are many communities, designs, and builders to choose from, so read advertisements, browse builder websites, visit home shows and model show homes to get a feel for what your dream home is. Make a list of your need-to-have and want-to-have requirements.

Similar to resale homes, location and amenities are key when buying new. Investigate future development

plans for roads, schools, shopping centres, green space and more prior to selecting your community.

When buying new, you are purchasing a package of services, not just the physical home structure, so you will need to carefully select a builder who is aligned with your goals.

Every builder will have a different philosophy on quality, speed to complete the

home, flexibility with the design and the inclusion of certain finishings; some are standard like carpet floor, whereas others, like hardwood, cost extra and need to be included in your budget. Some builders require milestone payments throughout the construction process, in which case you will need your lender to design a mortgage structure that accommodates these. All of these

items are negotiable.

Warranty and after-sale services are also very important so you aren't left high and dry with a lopsided door or faulty furnace. Before your home is completed, you will join the builder in a walk-through of the home to verify that the work has been done according to plan. If you are satisfied, you will sign a certificate of completion, noting any outstanding

work and when it will be completed. This triggers the warranty coverage on your home.

Choose a builder with an excellent reputation and interview owners who have purchased from your builder. In Canada, most builders are members of the local Canadian Home Builder's Association (chba.ca). Ensure your builder is a true professional.

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"WOW 4 units bought and rented and it only took us 2 years to pull the trigger!! :) We sure are glad we started this venture and we are equally glad we are going to continue to grow ... what does Marnie keep saying: **PASSIVE INCOME PASSIVE INCOME...**"

-Brian and Lyn L.



-Marnie Bennett, Broker

Saving helps form healthy financial habits



LESLEY SCORGIE
For Metro

Do you think home ownership is right for you? The first step to making your dream a reality is saving for a down payment.

Most lenders require that you put down a minimum of

five per cent of the value of the home, from your own resources or by way of a gift from an immediate relative. If the home you want to purchase costs \$300,000, a five per cent down payment is \$15,000.

Keep in mind that if you want to avoid having to pay for mortgage insurance, offered namely by the Canada Mortgage and Housing Corporation

(CMHC), Genworth, or Canada Guaranty, you will need to come up with a 20 per cent down payment.

Ready for the challenge? Flip open your laptop and create a budget or download a free template from any major bank, CMHC or Google documents.

Budgets are an effective tool to help plan your savings

and control spending. List your monthly income and subtract your expenses to get to your bottom line.

Knowing the amount you want to save for a down payment, determine how much you will need to tuck away each month to achieve your goal. To save \$15,000 in one year will mean squirrelling away \$1,250 per month. If

you get a bonus or gift from a family member, add it to your savings.

The safest interest-earning accounts are high-interest savings accounts, guaranteed investment certificates, and money market mutual funds, all of which you can contribute through automatic bank contributions on payday. Don't invest your down payment in

a high-risk junk bond or you could lose it.

As an alternative, first-time homebuyers can use the federal government's Home Buyers' Plan (HBP) and become homeowners faster.

The act of saving for a down payment helps form healthy financial habits, which you will need once you are a homeowner.



Before you meet with any mortgage lender, get familiar with current rates, terms and conditions. CREATAS/THINKSTOCK

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Mortgages. Select the right financing

There are more than 400 types of mortgage products in Canada and it's important to select financing that suits your needs.

Financial institutions offer mortgage products from their in-house selection. If you are an existing client of the institution, you can negotiate for the best rates because the bank wants to keep your business. So don't be afraid to present a competitive offer to your banker. Because of tough lending standards, however, Canadians with poor credit or low incomes will find it tough to qualify for traditional bank financing.

Mortgage brokers, on the other hand, are independent of any financial institution and work on behalf of you, rather than the lender. Mortgage brokers scour the market for the best mortgage options to suit your specific situation from a multitude of lenders — banks, trusts, private companies, and insurance firms. Because of the close connection with multiple lenders, brokers will negotiate terms and rates suited to your needs and often get nearly instant approvals.

Mortgage brokers are free for you to use as the selected lender pays them.

Private mortgages, offered through mortgage brokers, are different from traditional mortgages in that private companies or private investors finance them. Their motivation to lend you money is an investment opportunity for them to collect interest.

Many private mortgage companies and investors have a higher risk tolerance than financial institutions and are therefore more flexible with lending rules. For buyers with a poor credit history or less stable financial situation, private mortgages are a good option. But because private mortgages tend to be higher risk, interest rates, and possibly closing fees, can be greater than mortgages offered by financial institutions.

Before you meet with any lender, get familiar with current rates, terms and conditions. Check posted rates on any bank's website. Ratehub.ca and ratesupermarket.ca compare the best rates in your area.

LESLEY SCORGIE

House or condo. Which is right for you?



LESLEY SCORGIE
For Metro

If you love the thought of hosting backyard barbecues and you don't mind cutting the lawn, freehold home ownership will probably work for you.

Freehold ownership is

where you own both the physical land and the home on the land. This means you have full control over the property, subject to any local land-use bylaws, Crown rights or other restrictions communicated to you at the time of purchase. As long as you don't break any laws or violate permitting limitations you can do almost anything to the property, from remodelling, to planting

a garden to building a fence.

Freehold ownership also means the owner is responsible for maintaining the yard, interior and exterior of the property. But if you don't keep up with predetermined neighbourhood permits, codes and standards, local residents can submit their complaints and the city can issue you warnings.

If, on the other hand, the

sight of hedging sheers causes you goosebumps, you may want to consider a condominium.

With condominium ownership, you own the unit you live in and share in the ownership of common space within your building. Each month, unit owners pay fees to maintain and improve the building.

Condominiums are typ-

ically governed by a board of directors comprised of select unit owners, and the day-to-day activities like lawn maintenance and window cleaning are managed by a property manager who is employed by the board.

Because you don't own the building in a condo, you are limited in what can be changed. For example, if you want to install a hot tub on

the balcony of your 21st-floor apartment, you would likely need to seek approval from the condominium board prior to hiring a crane. And condominiums have rules about things like noise and pets.

For many individuals that travel, condominium living is perfect. They simply lock the door to their unit and jet set to their destination knowing their property is secure.



A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point. ISTOCK/THINKSTOCK

Negotiations are part of the process

In many cases, your initial offer to purchase is simply a starting point for negotiating. Often, the seller will counteroffer, which means they will ask for aspects of your initial offer to be amended, such as the price, deposit or conditions. Buyers and sellers continue to swap offers and counteroffers until they have reached an agreement or choose to walk away from the deal.

When making an offer, protect yourself and your finances by leaving emotions out of the equation and knowing your limits in terms of affordability and conditions. Clearly defining a "walk-away" point will also help guide the process.

When the negotiations begin, ask for what you want, but be realistic. Don't offer \$100,000 for a property worth \$1 million. Base your offer on facts by reviewing and presenting information on comparable properties from realtor.ca.

If it's a buyer's market, disclose that you are interested in other properties. If it's a seller's market, put a human

face to the process and write a personal letter to the seller.

Throughout the process you will learn the seller's needs and can negotiate based on those.

A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point.

The interest rate and terms of your mortgage are also up for negotiation. Follow these steps:

- Research current rates and terms by reviewing multiple websites of financial institutions. Also check out ratehub.ca for the best rates across Canada.

- Speak to a mortgage representative or manager, and ask for a better rate. Keep what you researched in mind during your discussion. Most credit grantors will try to work with you to earn or keep your business, especially if you are a good client.

- To strengthen your position, present a competitive offer that your lender could match.

- If the lender doesn't want to play ball, take your business elsewhere. **LESLEY SCORGIE**



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Light up your living room

Tables and lights.

Part 2 of a series on living room decor will help you find the right accent tables and lighting for your space



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, I'm serving up decor tips to get your living room looking fabulous in time for the holidays. In this issue, I tackle tables and lamps.

Size

- The lower the coffee table (14 to 18 inches high), the more modern it is. A higher coffee table (often referred to as a cocktail table, at 20 to 26 inches high) is a more traditional approach.
- The length of the coffee table should be two-thirds of the seating area on the sofa. Anything larger will be too awkward to move around.
- Two or three matching small tables can replace one large table and offer up flexibility when entertaining in a small space.
- The height of an end table should be within three inches lower or higher than the sofa arm.
- Try to find an end table that is almost as deep as the sofa — this will maximize space

Part 3

Next week: Artwork

and offer more tabletop display surface.

Style

- Coffee and end tables don't have to match each other.
- If you have a casual household (young children, movie nights and slumber parties) then wood tables or upholstered ottomans (with trays on top) might be a better option for you.
- Glass-topped tables work better where formal entertaining is done.
- If you want to mix and match tables, wood and/or metal tones should be similar to other furnishings or accessories in the room.
- Tables that also offer storage are perfect for small spaces.

Cost

- The price depends on the level of quality.
- A beat-up storage trunk found on the side of the road could be the perfect solution for cottage-style decor, whereas a wooden English side table could cost you thousands of dollars.
- Rule of thumb: Your coffee table should cost about 30 per cent of the cost of your sofa.
- An inexpensive end table can look like a million bucks when topped with a fitted marble top.



Mixing and matching tables helps create an eclectic living room. cb2.com.



Make sure you take the height and style of your sofa into consideration when choosing an end table. Original Cottage end table, \$129, sears.ca.

Every room needs three types of lighting. Here's what you need in your living room:

Overhead: Try recessed lighting or pot lighting. These

lights are used to brighten dark corners or walkways and illuminate paintings.

Ambient: This includes dimmed lights you leave on

when you go out at night. A picture light, small candlestick lamps, plug-in night lights and battery-operated candles all help to create ambience in a

room at night.

Task: Reading lamps are most popular. I like an elbow-angled floor lamp that can be moved when not in use.



An alternative to a coffee table is an ottoman with storage. Jess Storage Ottoman, \$1,250, modern-countryinteriors.com.



Discrete elbow-armed floor lamps are perfect for reading and fit with almost any style. Dainolite Chrome Floor Lamp \$200, livinglighting.com.

Nailheads hit just the right note

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If you lived in a comfortable home in 17th century France or 19th century England, your chairs might well have been embellished with nailhead trim. It was a clever, decorative way for craftsmen to secure materials to upholstered furniture.

Another traditional fastener, the rivet, was also commonplace in manufacturing and shipbuilding centuries ago.

Now, both nailheads and rivets are having a moment in contemporary decor. On some pieces, they reinforce traditional elegance. On others, they offer an urban, edgier esthetic.

"We're seeing nailhead trim — this 400-year-old detail — in lots of new applications, creating bold looks," says Seattle designer Timothy De Clue.

Lisa Ferguson, an interior designer in Toronto, trimmed a pair of armless coral chairs with a decorative, antique-brass nailhead design along the skirt. She says both brass and warm satin detailing evoke classic glamour.

"It almost always gives the perception of a more luxurious piece, while adding texture," Ferguson says.

"Attention to detail and craftsmanship is what differentiates the good from the best. Pay special attention to the scale and spacing of the nail heads in relation to the piece of furniture, and always go for metal individual heads over rows of plastic if it is in your budget," she says.

THE ASSOCIATED PRESS



Adler's acrylic obelisk filled with nails. JONATHAN ADLER/
THE ASSOCIATED PRESS

Mattingly and Dodgers rewarded for patience

Playoff payoff.

Manager has yet to secure a deal beyond this season, however

Don Mattingly kept preaching patience.

Through the Los Angeles Dodgers' early-season slide into last place, the injuries to key players, and the reports that his job was in jeopardy, the third-year manager kept his cool.

He told everyone that the talent was there and the team's fortunes would change. Did they ever.

The Dodgers went on a 42-8 tear from late June to mid-August to win the NL West and earn their first playoff appearance in four years.

Mattingly is quick to credit his players and coaching staff, part of the even-keeled Hoosier's steady approach during a wildly up-and-down season. He's as low-key managing one of baseball's most storied franchises as he was playing for another during a superstar career with the New York Yankees.

Mattingly goes into Thursday's National League division-series opener in Atlanta not knowing if he will even be

managing the Dodgers next season. The club's new owners, including Mark Walter, Stan Kasten and Magic Johnson, didn't guarantee his option for 2014 last off-season.

No matter — Mattingly has pressed on.

"Everything you go through is going to make you a better manager," he said. "I haven't really changed anything."

That kind of levelheadedness carried Mattingly through the first couple of months of the season when the Dodgers and their high-priced talent fell 9 1/2 games behind first-place Arizona while dropping a season-worst 12 games below .500.

Injuries played a big part, with Zack Greinke, Hanley Ramirez, Matt Kemp, A.J. Ellis and Mark Ellis out at times. The bullpen was in disarray early on before Kenley Jansen assumed the closer's role.

While Mattingly was taking the blame and the heat on websites that demanded his dismissal, he knew the Dodgers were too good to be bad for long. Not with Clayton Kershaw and Greinke leading the pitching staff, and a lineup featuring Adrian Gonzalez, Ramirez, rookie sensation Yasiel Puig and Carl Crawford.

THE ASSOCIATED PRESS



Don Mattingly has gone from enduring the blame for the Dodgers' miserable start to leading them to the NL West title. GETTY IMAGES FILE

Money matters

Low-rollers crashing playoff party

Hey big spenders! Baseball's playoffs are no longer your exclusive playground.

Pittsburgh, 26th among the 30 teams, with a \$73.6 million payroll, rolled past Cincinnati on Tuesday night and into an NL division-series matchup against St. Louis. Oakland, 27th on the spending list at \$71.1 million, according to Major League Baseball's latest figures, won the AL West and faces Detroit. And Tampa Bay, 28th at \$65.6 million, played the wild-card game on Wednesday night against Cleveland, 21st at \$88.6 million.

Sure, some of the big spenders found their way into October. The Los Angeles Dodgers raised their spending to \$236.8 million during the season and are currently about \$100,000 behind the Yankees. Boston is third at \$174.1 million.

Nash hoping to prove doubters wrong



Steve Nash is entering his 18th NBA season. THE ASSOCIATED PRESS FILE

When Steve Nash was a Canadian teenager moving down to Santa Clara to accept his only scholarship offer 21 years ago, he never could have imagined his remarkable NBA career would lead to the dubious honour he's getting this fall.

The Los Angeles Lakers' 39-year-old point guard is the oldest player in the NBA, he recently learned. And it isn't

an achievement that's going on the mantel next to his two MVP trophies.

"It's not a privilege I ever really dreamed about," Nash said with a grimace. "It's pretty strange and, I guess, surreal in a way. Obviously, I'm thrilled to still be playing, and I don't feel as old as I probably look to some of these young guys."

Although Nash has no more

than a few grey hairs at his temples, his 18th NBA season will be all about fighting back time. He's completely healthy after injuries essentially scuttled his debut season with the Lakers, but his age and mileage already have coach Mike D'Antoni talking about limiting Nash's minutes or even getting him to take days off during the season.

But the eight-time All-Star said he's back to full health after an off-season of rehab work, and he's drawing motivation for a bounce-back season from haters and supporters alike. "Obviously, I think people think I'm on the downswing, and I'm receding into retirement in front of our eyes," Nash said. "So I've got a lot to prove." THE ASSOCIATED PRESS

Doping

Armstrong's bronze medal returned to IOC

Lance Armstrong's Olympic medal is back with the IOC.

The International Olympic Committee stripped the American rider of the bronze medal from the 2000 Sydney Games in January

after he admitted to doping.

After months of delays, Armstrong handed back the medal two weeks ago to the U.S. Olympic Committee.

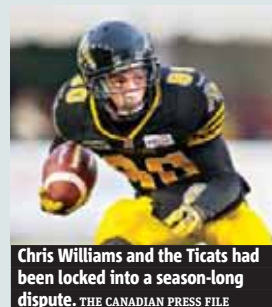
The IOC said on Wednesday it has received the medal from the USOC and placed it in storage at its headquarters in Lausanne, Switzerland.

The IOC will not reallocate Armstrong's bronze medal. THE ASSOCIATED PRESS

CFL

Ticats, Williams reach agreement to end dispute

The Hamilton Tiger-Cats announced Wednesday that Chris Williams is free to sign with an NFL team, but they'll retain his CFL rights through the 2014 season. THE CANADIAN PRESS



Chris Williams and the Ticats had been locked into a season-long dispute. THE CANADIAN PRESS FILE

Heater fired up



"I was in the gym a lot more. I feel pretty fresh coming into this camp."

Wild forward Dany Heatley. The former Senator had surgery on a torn labrum in his left shoulder that he sustained last season.

4 SPORTS

NHL, players need to wake up to deadly risk of fighting



DAVE LANGFORD
dave.langford@metronews.ca

The date was Dec. 12, 2008, and the incident occurred in an Ontario Hockey Association senior AAA game in Brantford, Ont.

Don Sanderson, a defence-man with the Whitby Dunlops, became involved in a fight with Brantford Blast forward Corey Fulton.

Just before the fight began, Sanderson's helmet came off. During the bout, both players fell to the ice, with Sanderson striking his head.

He passed out briefly, regained consciousness and then went into a coma.

Sanderson, 21, and a York University student, died Jan. 2, 2009, three weeks later.

Fast forward to Tuesday night in Montreal.

George Parros, 33, of the Montreal Canadiens enforcer in two meaningless fights with the Toronto Maple Leafs'



Canadiens enforcer George Parros is examined by trainers on Tuesday after falling face first into the ice during a fight with the Maple Leafs' Colton Orr. RYAN REMIOWZ/THE CANADIAN PRESS

Colton Orr. They were two of the five fights on the opening-night card of the NHL schedule.

In the fourth bout of the night, Parros stumbled over his opponent, smashing his face into the ice.

And just like Sanderson five years earlier, Parros passed out, regained consciousness and was taken off

the ice on a stretcher.

But unlike Sanderson, Parros will live to tell his story. And unlike that ugly day in Brantford, we now have the opportunity to learn from our mistakes. And from Sanderson's death.

The fixes need to begin at the NHL level, with rules for needless fighting put into place.

Parros leaves hospital

Montreal Canadiens enforcer George Parros was released from hospital Wednesday after being treated for a head injury suffered in a fight with Maple Leafs tough guy Colton Orr during Tuesday's season-opening loss to Toronto.

It's easy. Fight and you will be ejected. It's simple, clean and everyone can understand it. It doesn't ban fighting; it increases the consequences.

Don't stop hitting. Keep skating at the highest speeds we have ever seen. Take Don Cherry's national platform away from him.

NHLers are larger, faster and stronger now than they have ever been. The game itself is as entertaining as we have ever seen.

In short, it's a wonderful game. Let's make certain it's a wonderful life.

Penn State scandal

U.S. court denies Sandusky's appeal

Former Penn State assistant football coach Jerry Sandusky should not get a new trial after being convicted of sexually abusing 10 boys, an appeals court ruled Wednesday.

Sandusky, 69, is serving a 30- to 60-year prison sentence at a state prison in Pennsylvania. If he does not get the convictions overturned, he is likely to die in prison.

His case roiled the American sports world and led to the downfall of Hall of Fame coach Joe Paterno, who transformed Penn State into a college football power.

Wednesday's unanimous decision by a three-judge Superior Court panel came barely two weeks after they heard oral arguments by Sandusky's lawyer and a state prosecutor.

Defence lawyer Norris Gelman said he planned to ask the state Supreme Court to review the case.

THE ASSOCIATED PRESS

NFL

Brown runs out of time in Arizona

Levi Brown failed to live up to his pedigree with the Arizona Cardinals. The winless Pittsburgh Steelers are hoping a change of scenery might help Brown turn his career — and Pittsburgh's sagging season — around.

Both teams announced Wednesday that the Steelers have acquired Brown for a conditional draft pick.

The 29-year-old Brown never appeared comfortable in Arizona after the Cardinals selected him with the fifth overall pick in the 2007 draft, two spots ahead of Adrian Peterson.

As a rookie, he started at right tackle for Arizona's 2008 Super Bowl team, then was moved to left tackle. But he never became the dominant blocker the Cardinals envisioned. THE ASSOCIATED PRESS



Levi Brown
GETTY IMAGES FILE

UFC

Grant battling through fog of concussion

A star athlete from Cole Harbour, N.S., sidelined by a concussion at the peak of his game.

It's not a new story, but this time the athlete in question is UFC lightweight contender T.J. Grant rather than Sidney Crosby.

The 29-year-old fighter missed out on an August title shot and had to pass on another in December while he waits to feel normal.

Ask Grant these days how he is feeling and the answer is not simple.

"Not too bad. Feeling all right," he said in a recent interview. "It could be better ... I'm a lot better now than I was, that's for sure."

In June, Grant was hit in the head by his training partner's foot during a jiu-jitsu session. Later in the session, he was hit again.

"I don't know which one it was," he said of the head blows. "All I know is just when I was done training, I didn't feel right." THE CANADIAN PRESS

NBA. Hard-knock rookie life over for Raptors big man Valanciunas

Jonas Valanciunas was knocked about by some of the biggest and best centres in the league in an inauspicious start to his NBA career.

Roy Hibbert, Brook Lopez, Al Jefferson, Kevin Garnett — no matter the night, it was going to be a long one for the Toronto Raptors rookie.

And as Valanciunas's debut went, so went the Raptors, it seems.

"Jonas took his whuppin' last year early," said Raptors coach Dwane Casey. "(Opponents) saw something good to eat with a rookie at centre."

But the growth of the young Lithuanian over the course of the season became one of Casey's biggest sources of pride in a campaign he otherwise didn't have a lot to be thrilled about.

"He had to learn. We knew that going in, that it was going to be ugly," Casey said. "But as the year went on you could see a young man growing, and it continued through this summer. It's not a finished product yet but he's getting there and I really like what we have."

The 21-year-old Valanciunas went on to shine for



Jonas Valanciunas battles Piston Greg Monroe for position last season. TORSTAR NEWS SERVICE

the Raptors in the Las Vegas Summer League, winning tournament MVP honours, and then helped Lithuania to its first Euroleague final in 10 years.

The seven-foot centre has been all business in his approach to his sophomore season. He put on weight and is noticeably broader across the chest, thicker in the arms.

THE CANADIAN PRESS

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

WEEK 5

Thursday's game — All Times Eastern
Buffalo at Cleveland, 8:25 p.m.

Sunday's games

Seattle at Indianapolis, 1 p.m.
Jacksonville at St. Louis, 1 p.m.
New England at Cincinnati, 1 p.m.
Kansas City at Tennessee, 1 p.m.

NHL

Wednesday's results

Toronto at Philadelphia
Buffalo at Detroit

Anaheim at Colorado

Tuesday's results

Toronto 4 Montreal 3
Chicago 6 Washington 4
Winnipeg 5 Edmonton 4

Thursday's games

Calgary at Washington, 7 p.m.
Tampa Bay at Boston, 7 p.m.
New Jersey at Pittsburgh, 7 p.m.

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

Baltimore at Miami, 1 p.m.

New Orleans at Chicago, 1 p.m.

Philadelphia at N.Y. Giants, 1 p.m.

Detroit at Green Bay, 1 p.m.

Carolina at Arizona, 4:05 p.m.

Denver at Dallas, 4:25 p.m.

San Diego at Oakland, 4:25 p.m.

Houston at San Francisco, 8:30 p.m.

Los Angeles at Minnesota, 8 p.m.

Nashville at St. Louis, 8 p.m.

Florida at Dallas, 8:30 p.m.

NY Rangers at Phoenix, 10 p.m.

Vancouver at San Jose, 10 p.m.

Friday's games

Calgary at Columbus, 7 p.m.

Detroit at Carolina, 7 p.m.

Ottawa at Buffalo, 7 p.m.

NY Islanders at New Jersey, 7 p.m.

Los Angeles at Winnipeg, 8 p.m.

Nashville at Colorado, 9 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern

Hamilton at Toronto, 7 p.m.

Saskatchewan at B.C., 10 p.m.

Saturday's games

Montreal at Edmonton, 3:30 p.m.

Winnipeg at Calgary, 6:30 p.m.

MLB

WILD CARD

Wednesday's result

AL: Tampa Bay at Cleveland

Tuesday's result

NL: Pittsburgh 6 Cincinnati 2

AL DIVISION SERIES

(Best-of-5)

OAKLAND VS. DETROIT

Friday's game

Detroit at Oakland, 9:37 p.m.

BOSTON VS. CLEVELAND-

TAMPA BAY WINNER

Friday's game

Cleveland-Tampa Bay winner at Boston, 3:07 p.m.

NL DIVISION SERIES

(Best-of-5)

ATLANTA VS. LOS ANGELES

Thursday's game — All Times Eastern

Los Angeles at Atlanta, 8:37 p.m.

ST. LOUIS VS. PITTSBURGH

Thursday's game — All Times Eastern

Pittsburgh at St. Louis, 5:07 p.m.

Horoscopes

Aries

March 21 - April 20

If a friend or colleague insists on what you think is a silly course of action, don't argue about it. Your best strategy is to agree with every word they say. Come tomorrow, they will have forgotten about it.

Taurus

April 21 - May 21

Most times you manage to get your way but today others are determined to deny you what you want. There will be a few cross words before the sun sets. Most will come from you.

Gemini

May 22 - June 21

You feel left out. Everyone but you seems to have something important to do. Why not turn it to your advantage? If others are too busy to watch you then you're free to do as you please.

Cancer

June 22 - July 23

Is a certain relationship worth the effort? That is the question you will be asking yourself today but you must not come to any hard conclusions just yet. Come tomorrow, it won't look as bad as it does now.

Leo

July 24 - Aug. 23

You may be eager to spend money, if only to cheer yourself up, but your extravagance could backfire on you later in the month when various bills have to be paid and you don't have the cash. Be prudent.

Virgo

Aug. 24 - Sept. 23

Try to view a negative situation in a positive way. Most of the "problems" you encounter are not really problems, just everyday events that you have allowed to balloon in size.

Libra

Sept. 24 - Oct. 23

You won't be in the most trusting of moods today. You seem to believe that even your allies are plotting against you. It's all nonsense, of course, and by the end of the week you'll be the best of friends again.

Scorpio

Oct. 24 - Nov. 22

Today's difficult cosmic picture may incline you to gloom and doom but don't let downbeat thoughts take over your mind. Make a list of all the things you have to be thankful for.

Sagittarius

Nov. 23 - Dec. 21

Don't take it to heart if certain people pour scorn on your ideas. It doesn't mean they don't think you are capable of reaching your goals. On the contrary, they know you are and that's what worries them.

Capricorn

Dec. 22 - Jan. 20

Today's Sun-Uranus link may tempt you to scrap everything and start again from scratch but is that smart? Think of all the remarkable things you have done over the years. Don't waste all that good experience.

Aquarius

Jan. 21 - Feb. 19

You would love to escape your everyday environment. So why don't you? Pack an overnight bag and head off into the wild blue yonder. Short-term escapism isn't bad.

Pisces

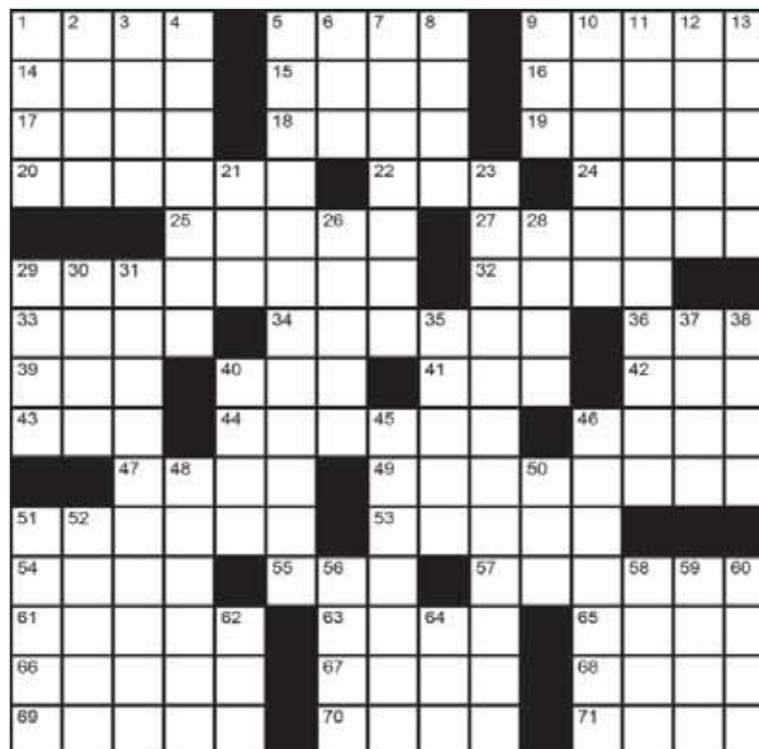
Feb. 20 - March 20

The Sun at odds with Uranus, planet of the unexpected, could bring a nasty financial surprise, but don't panic. Cash flow may be slow but it's not the end of the world. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Puffy li'l props
5. Networks
9. "Pretty Bad Boy" is by which Canadian band?
14. Canadian country songstress Ms. Yates
15. Mine passage
16. Intro-to-French verb
17. Lang. of Rome
18. "Hard Core ____" (1996)
19. Wait on
20. Canadian football trophy, ____ Cup
22. Chapeau: English
24. Canadian rebel Louis
25. ____ finalis (Purpose, in Latin)
27. Devices for detecting
29. City in Quebec
32. Aware of, as a surprise: 2 wds.
33. Its capital is Muscat
34. Soap brand
36. 0 Meridian letters
39. Driveway covering
40. Scribble something swiftly
41. Not he
42. Particular loaf
43. UK record label
44. Ironed pants lines
46. Director Mr. Reiner
47. Margarine
49. Treason
51. Harmless, health-wise
53. Skincare formula



54. Souls: French
55. Nevertheless
57. Drummer on "The Muppets"
61. Coffee serving
63. Deeply absorbed
65. Volcanic rock
66. Traditional toys
67. Prie-__ (Prayer

- bench)
68. "The ____ in Winter" (1968)
69. Rosebud, and others
70. Adam & The ____
71. Prince Charles' sister

Down

1. 154 in ancient Rome
2. Wee bit
3. Mommy's mom, mini-ly
4. California's techie region, ____ Valley
5. Arctic animal group-

- ing sight: 2 wds.
6. Tokyo, once
7. '80s rocker's coiffure look: 2 wds.
8. Ancient portico of Greece
9. Car's fill up
10. Exceed
11. Oscar Wilde novel,

- The Picture of ____
12. Scuba-using person
13. Mr. Hersher's of baseball
21. H₂O, in Hull
23. Seven-time WWE women's champ from Richmond Hill, Ontario: 2 wds.
26. Glide on ice
28. L' ____ aux Meadows
29. Memorization method
30. Islamic leader
31. Puppet-on-strings
35. Founded in 1946, ____ Lauder
37. "____ Breckinridge" (1970)
38. Recount
40. PC image file format
45. Fast from
46. Prince Charles' wife
48. Put for sale, as a house
50. Flee
51. Resists
52. Internet letter
56. Earth goddess in Richard Wagner's opera Das Rheingold
58. City's central street
59. Makeup company
60. "Penny ____" by The Beatles
62. Feminine suffix
64. Monogram of our 15th Prime Minister

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	8	3	9	4	2	1	5	6
1	5	4	6	7	3	8	2	9
9	2	6	8	5	1	3	4	7
3	7	5	2	1	9	4	6	8
8	9	1	5	6	4	2	7	3
4	6	2	7	3	8	9	1	5
5	4	8	3	2	6	7	9	1
6	1	9	4	8	7	5	3	2
2	3	7	1	9	5	6	8	4

				5	1			
			8	7		3		
3	9	2				5		
5			6		8		3	
	1						6	
	4		7		2			1
		1				2	4	7
		9		2	7			
	6	3						

Today



20°/11°
Partly cloudy

Friday



20°/10°
Cloudy

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